University of Alberta

The Negotiation of Constraints As An Integral Part of the Leisure and Recreation Experience

by

Don Clinton Hurlbut ©

A thesis submitted to the Faculty of Graduate Studies and Research

in partial fulfilment of the requirements for the degree of

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The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research for acceptance, a thesis entitled The Negotiation of Constraints As An Integral Part of the Leisure and Recreation Experience submitted by Don Clinton Hurlbut in partial fulfilment of the requirements for the degree of Master of Arts.

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Dedication

This work is dedicated to my mother. In regards to the subject matter of this thesis, she is an example of the extreme of who this type of work is about. Constraint was something she knew of only too well. She did not get nearly enough, if any, leisure and recreation. They were not a priority to her. She made raising her two boys and providing them the best future possible her priority. She was selfless. And I thank her.

ABSTRACT

Having a certain amount of leisure time and being able to do some desired recreation activities are important to most people. About 70 percent of the population, however, feel that they do not get enough leisure and recreation. These people report that certain constraints intervene. Much research has already been done on the constraints that people feel they have on their leisure and recreation. No study had been done, however, on how people respond to and deal with constraints that they experience.

This study was designed to find out how people respond to constraints to their leisure and recreation. The methods used to conduct this research included a small-scale qualitative study, using in-depth interviews with a small number of people. Then, with the help of the results of the interviews, a questionnaire was developed and administered to a sample cross-section of the general population of Edmonton.

It was found that of the 71 percent of people who feel they do not get enough leisure and recreation and report that it is a result of certain constraints intervening, 90 percent of them try to overcome and work around constraints. These people reported many different ways that they try to do this. It was found that some of the types of strategies and techniques reported are quite common practices among people. An analysis of the types of negotiation methods reported revealed that people respond to constraints on their leisure and recreation by trying to do more or better. Very few people respond to constraints passively, by either accepting a notion that they will not get the leisure and recreation that they currently desire or by modifying their expectations according to their constraints. People respond to constraints actively. They make efforts to overcome and work around constraints in order to attain or maintain the leisure and recreation they desire.

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CHAPTER 1

INTRODUCTION

The Importance of Leisure and Recreation in People's Lives

Leisure time and recreation activity are very important to most people. Most people enjoy and want some relaxation and fun every once in a while, and some more than others. This line of thinking seems fairly obvious. It has been shown through research, however, that leisure and recreation are valued for many other, "more involved" reasons. Leisure can be conceived as having a variety of types of potential benefits, including physiological, psychological, social, and economic (Driver, 1990; Driver, Brown & Peterson, 1991; Schreyer & Driver, 1989).

More specifically, research has shown that leisure and recreation can be used to improve general physical health (Bouchard, Shephard, & Stephens, 1990; Paffenbarger, Hyde, & Dow, 1991); facilitate therapy programs for problems such as physical disabilities, mental illness, substance abuse, and juvenile delinquency (Gold & Crawford, 1989; Rainwater, 1992; Witt, 1988); prevent and treat emotional instability and adverse response to stress (Iso-Ahola, 1988; Levitt, 1991); enhance learning (Roggenbuck, Loomis & Dagostino, 1991) and facilitate personal development (e.g. skill development, communications/interaction, self-confidence, leadership) (Easley, 1991; Haggard & Williams, 1991); help improve life satisfaction (Marans & Mohai, 1991; Steinkamp & Kelly, 1987); promote community satisfaction and good citizenship (Allen, 1991; Allen, Long & Perdue, 1987); improve organizational cohesion and productivity (Alberta Tourism, Parks & Recreation, 1992; Ellis & Richardson, 1991); and create economic activity, as measured by expenditures and job creation in both the private and public sectors (Johnson &

Brown, 1991; Johnson, Radtke, & Obermiller, 1989).

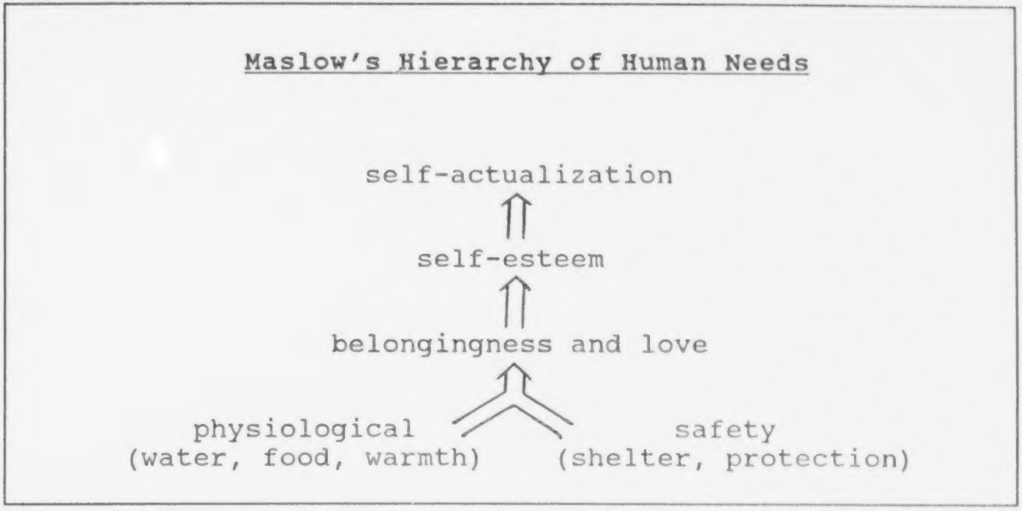
Further, many leisure and recreation professionals subscribe to the view that recreation is actually a human need. They refer to various theories of human needs. One of the most commonly noted is Maslow's (1954). He stated, that there are a number of different types of human needs. He listed them as follows: physiological; safety; belongingness and love; [self-]esteem; and, self-actualization. Maslow proposed, after 'physiological' needs (e.g. water, food, warmth), 'safety' (e.g. shelter, protection), and 'belongingness and love' needs are met, people are "driven" by the needs for '[self-]esteem' and 'self-actualization'. As such, his theory has often been interpreted and presented as a hierarchical model. It often appears as Figure 1.

Avoiding the psychological reasoning behind it, the achievement or satisfaction of self-esteem and self-actualization needs could easily be understood to come in large part from the leisure and recreation activities in people's lives. Still further, one could argue, the physical exercise one gets when doing certain types of leisure and recreation activities can certainly contribute to the health and well-being of the individual, and hence, the basic 'physiological' need noted by Maslow.

Given their general importance, leisure and recreation could not only be conceived as being beneficial, needed or desired, but also as a human right in the same sense that we have recognized needs and rights to health, education and welfare. Burton (1984) stated, "The emergence of public recreation in Canada, especially after the Second World War, reflected the view that recreation is a universal right...."(p. 144). Further, "The United Nations Declaration of Human Rights, to which Canada is a signatory, refers not only to man's right to work, but also man's right to leisure" (Burton, 1984, pp. 144 - 145).

From a somewhat different vantage point, the importance

Figure 1


Maslow's Hierarchy of Human Needs
self-actualization
self-esteem
belongingness and love
physiological
(water, food, warmth)
safety
(shelter, protection)

of leisure and recreation in society could also be viewed from a more functional, modified-Marxist perspective. An historical example noted by Duncan (1985) will be used to illustrate this idea. During the 19th Century a number of reform movements throughout North America and Europe sought to address problems that were accompanying the growth and spread of industrialization. In particular, political and industrial leaders of this time wanted to address the resultant problems of increased unemployment and numbers of poor urban youth who were becoming more involved in crime and violence during their "free time". These leaders tried to use two main methods to deal with the increased amount of "free time" of these jobless, poor, urban youth. They proposed mandatory schooling as well as offering more widely accessible and structured recreation opportunities. Leaders sought to help remove some of the social and physical obstacles so that the urban poor and youth could and would seek the worthy use of leisure time. Recreation programs were set-up through the development of community centres, parks and playgrounds, summer camps, and clubs and organizations, with structured programs. In providing these facilities, areas and programs, it was hoped that it would help reduce or control the "threatening" use of free time by the more disadvantaged people. From this perspective, recreation may be valued by some people as one positive way to promote the "healthy", "civilized" or "socially-acceptable" use of "free time".

Whatever the particular view, the importance of leisure and recreation is clearly evident in the number of government and government-funded organizations that exist for the purpose of providing leisure and recreation opportunities (e.g. Tourism, Recreation and Culture Canada; Parks Canada; Alberta Recreation, Parks and Tourism; and Edmonton Parks and Recreation Department; with all of their facilities and programs). It is also evident in the variety of private businesses that cater to the leisure and recreation desires of people (e.g. travel and vacation companies; resorts; local golf and country clubs; amusement parks; circuses; ski hills operations; whitewater rafting companies; and, recreation-equipment retail stores).

Despite the existence of the vast array of organizations and businesses that exist to provide opportunities for leisure and recreation and the research that shows the potential benefits of them, a large percentage of people feel that they do not get enough leisure time and recreation activity (Kay & Jackson, 1991; Shaw, Bonen & McCabe, 1991). The problem is that certain factors or 'constraints' intervene. The study of constraints and how they affect people's leisure has become a main focus of inquiry in leisure studies. Jackson (1991) defines research on constraints as "research which aims to investigate and understand the factors that are assumed by researchers and perceived by individuals to inhibit or prohibit participation and enjoyment in leisure"(p. 279). More inclusively, the concept of 'constraints' in leisure studies can be understood as intervening factors, barriers, obstacles, impediments, inhibitors, hindrances, deterrents or problems that can prohibit, limit, restrict, confine, restrain, or alter the amount or enjoyment of leisure or recreation activity engaged in by an individual. Goodale and Witt (1989) noted that Ellis and Rademacher (1986), in an unpublished paper submitted to the President's Commission on Americans Outdoors, defined a 'barrier to recreation' as being "any factor which precludes or limits an individual's frequency, intensity, duration, or quality of participation in recreation activities"(p. 2).

To exemplify the various types of constraints past research has focused on, one can look at two of the latest studies conducted on the issue of constraints. Kay & Jackson (1991) used "a checklist of 22 main types of constraint, compiled from the findings of previous studies"(p. 303). These included 'financial', 'time', 'family commitments', 'work', 'transport problems', 'health-related', 'lack of provision', 'domestic commitments', 'age', 'being too tired', 'disability', 'children', 'no-one to participate with', 'no friends to participate with', 'partner not interested', 'lost interest', 'being married', 'time spent on other interests', 'lack information', 'lack skill/ability', 'booking difficulties', and 'the weather'. In the second study, Shaw, Bonen, & McCabe (1991) analyzed the response of people to 10 different constraints. These constraints were 'lack of time because of work', 'costs too much', 'no facilities nearby', 'available facilities are inadequate', 'no leaders available', 'lack of necessary skills', 'requires too much self discipline', 'low energy', 'ill health', and 'injury or handicap'.

There has been much research done on the issue of constraints to leisure. This attention increased significantly after the publication of a book by Wade (1985) entitled Constraints on Leisure, which focused specifically on the topic. One could say this book essentially established 'constraints' as a distinct research concern in the field of leisure studies. To date, there are approximately 100 academic research articles published in the major leisure and recreation journals on this issue (Journal of Leisure Research, Leisure Sciences, Society & Leisure, Leisure Studies, Journal of Parks & Recreation Administration, Journal of Applied Recreation Research, and Recreation Research Review). Researchers have identified and are studying various effects constraints have on leisure. In a review of the research on constraints, Jackson (1991, p. 281) stated the following effects are being studied:

> ... the desire, but inability, to participate in new activities (e.g. Jackson, 1990; Jackson & Dunn, 1991; Jackson & Searle, 1983; Searle & Jackson, 1985); the inability to maintain participation at or increase it to desired levels (e.g. McGuire, Dottavio, & O'Leary, 1986; Shaw, Bonen, & McCabe, 1991); ceasing participation in former activities (e.g. Backman & Crompton, 1989, 1990; Boothby, Tungatt, & Townsend, 1981; Dunn, 1990; Jackson & Dunn, 1988, 1991; McGuire et al., 1986; McGuire, O'Leary, Yeh, & Dottavio, 1989); the non-use of public leisure services (e.g. Godbey, 1985; Howard & Crompton, 1984); and insufficient enjoyment of current activities (e.g. Francken & van Raiij, 1981; Witt & Goodale, 1981).

Research on constraints has also addressed selected sub-groups of the population. As Jackson (1991, p. 281) noted,

> Henderson and her colleagues (e.g. Henderson, 1991; Henderson & Bialeschki, 1991; Henderson, Bialeschki, Shaw, & Freysinger, 1989; Henderson, Stalnaker, & Taylor, 1988) have paid special attention to constraints on women's leisure, as have Deem (1986) and Wimbush and Talbot (1988). Much of McGuire's work (e.g. McGuire, 1980, 1982, 1984) has focused on constraints experienced by the elderly, while some attention has recently begun to be paid to adolescents' leisure constraints (e.g. Hultsman, 1990).

The Focus of This Thesis

As can be seen, a significant amount of study is being done on the issue of constraints and how they affect people's leisure. A number of different issues are being researched and a variety of population groups are being addressed. This research has developed to a point where the assumptions upon which it rests are now under scrutiny. A few problematic assumptions in its study are being identified and examined.

The specific focus of this thesis arose as a result of recent, unexpected research findings (e.g. Kay & Jackson, 1991; Shaw, Bonen & McCabe, 1991) which contradicted a previous assumption held by researchers (Jackson, Crawford & Godbey, 1993). These research findings showed, contrary to what might be expected or assumed, people reporting a greater number of constraints to their leisure, in fact, do not (necessarily) report less leisure and recreation activity. It was found, in some cases, those people reporting a greater number of constraints sometimes actually report more recreation activity.

The finding that constraints do not necessarily increase as reported leisure decreases has certain important implications. As noted, leisure and recreation activity is deemed by many to be very important to community health. Governments know this, as is illustrated by the one simple fact that a significant amount of money is allocated to providing opportunities for recreation activities in the community. As well, many researchers have stated, much effort is made by city Parks and Recreation Departments to remove or "relieve" constraints for people so that they can engage in some desired leisure activities. Efforts are made and budgets are spent in order to provide leisure and recreational opportunities for all people. Therefore, the questions, 'Which constraints do negatively affect leisure activity?', 'For whom?', and, 'To what extent?', are important for government departments, as well as private businesses, to answer.

Many researchers in leisure studies have stated, constraints can be reduced by the actions of leisure service providers, thus increasing participation levels in leisure activities (e.g. Backman & Wright, 1990; Howard & Crompton, 1984; McGuire & O'Leary, 1990; Searle & Jackson, 1985). The importance of the recent findings (on the relationship between reported constraints and attained leisure and recreation activity) is summarized by Kay and Jackson (1991, p. 203) stating,

> For many providers, low participation levels among certain population sub-groups have long been regarded as self-evident proof of the existence of constraints which their organizations should try to reduce. A large number of public sector agencies are committed to increasing participation in the forms of leisure for which they have responsibility, partly by adopting policies to reduce the factors which inhibit it. It is therefore both reasonable and unsurprising that the assumption that reported constraints have a direct effect on leisure participation has been the starting point or conclusion of much constraints research. This makes it particularly important to ascertain whether empirical research supports such views.

As noted, the results of two recent studies (Kay & Jackson, 1991; Shaw et al., 1991) contradict what many assumed. However, they do not offer a satisfactory explanation for the lack of a direct negative relationship between reported constraints and leisure time activity. A lack of a satisfactory explanation is a concern because of the efforts made by researchers to identify, and leisure service providers to try to alleviate, constraints for people. As well, the results and conclusions being made from these studies contradict the assumed nature and meaning of a constraint (i.e. as a factor which has a negative effect).

The specific focus of this thesis is on an area called 'the negotiation of constraints to leisure'. This notion has been offered by a few other researchers (e.g. Jackson, Crawford & Godbey, 1993) as an explanation for the recent research findings. It has been proposed that the unexpected relationship may be explained by the notion that when people encounter constraints to their leisure, they try to overcome (negotiate) them in order to attain or maintain desired leisure and recreation levels. Often they are successful to varying degrees. As such, people who encounter constraints and manage to overcome them to varying degrees will, on a survey questionnaire, report both the constraints they experienced yet overcame and the leisure time activity they managed to get.

This argument is being offered to explain why the results of surveys do not show a negative relationship between the number of constraints that people report and their amount of leisure time activity. This explanation is receiving attention and support by researchers. To date, however, no empirical study has been done on the issue to confirm this phenomenon and the extent of it. The next section outlines the specific objectives for this thesis research.

Statement of Objectives

It could be hoped that one study would be definitive. Given the time and financial context in which the present research was conducted, however, such a scale was not realistic. It is intended, however, that the research reported here will help provide a better understanding and, more importantly, a heightened appreciation, of the effects of constraints on people's leisure. It is intended that this research will show what people experience in trying to either attain or maintain the leisure and recreation activity they desire. In particular, this thesis is designed to establish if people feel they have "constraints" to their leisure and recreation, what the constraints are, and whether or not they actively try to negotiate or "work around" their constraints.

To try to achieve these goals, the following specific objectives have been set for this thesis research:

1) to confirm that people do relate to the notion of constraints to leisure and do express themselves as having constraints to their leisure and recreation;

2) to determine if there are any particular demographic or

socio-economic groups which report, more than other groups, that they have constraints;

3) to establish by empirical research that people actively try to overcome constraints to their leisure and recreation (Does the empirical research support the "negotiation proposition"?);
4) to determine if there are any particular demographic or socio-economic groups which report more than other groups that they try to negotiate constraints; and,
5) to identify common, everyday efforts that people make in order to try to overcome, "work around" or 'negotiate' constraints to their leisure.

It is hypothesized that people do relate to the notion of constraints and will express themselves as having constraints to their leisure and recreation. It is also hypothesized that people do try to work around some of the constraints to their leisure and recreation and that there are some common techniques or strategies they use in their efforts to negotiate the constraints they experience.

To date, no empirical study has focused specifically on the issue of "constraints negotiation". The idea has just recently appeared in the literature, being proposed as an alternative explanation to the research finding that an increased level of reported constraints does not necessarily mean a decreased level of leisure and recreation activity. As a result, it was felt that an exploratory-oriented research methodology, utilizing a primarily qualitative investigation would be the most appropriate approach, given the novelty of the topic. In the end, a two-stage, qualitative-quantitative research strategy was developed to reach the goals. It entailed the following:

1) conducting a small-scale qualitative study using in-depth interviews with a small number of people; and,
2) with the intent of being able to make more widely applicable generalizations, a questionnaire was developed with the help of the results of the interviews. The interviews established that people do in fact try to overcome constraints to their leisure and recreation, and produced a list of ways people try to do this. The list of negotiation techniques or strategies was used to

develop the most important question of the survey, one regarding the negotiation of constraints. This questionnaire was administered to a sample cross-section of the general population in Edmonton.

To be able to link this research with some other types of research concerned with leisure and recreation, and to be able to put this research in a broader context, a few points should be understood. First, it is recognized by this study that people go through decision-making processes in their efforts to attain the leisure and recreation they desire. Some attempt to address this notion is the rudimentary model appearing on page 101. Such decision-making processes are inevitably influenced by each individual's personal priorities. When terms such as 'enough leisure' and 'desired levels of recreation' are used in this thesis, it should be understood that the notions of 'enough' and 'desired levels' are based on each individual's personal interpretation. These terms are used in reference to what each research respondent felt and expressed. This will inevitably be different from one person to the next. As a result, this thesis is based on a significant amount of subjective information of the effect of constraints on people's leisure and recreation.

Secondly, past research suggests that people feel constrained mostly in terms of the quantity of leisure and recreation (e.g. having enough leisure time), and much less in terms of its quality (e.g. having their leisure in preferred settings or facilities). The research for this thesis confirmed this notion. As such, this thesis focuses predominantly on the quantity of leisure that people have, rather than the quality of it.

Finally, it should be understood how the concepts of 'constrained leisure' or 'constrained recreation' and 'leisure and recreation demand' are generally interpreted by researchers. The difference between demand (potential) and actual (effective) "participation" is latent (and deferred) demand. Constraints cause this difference and are responsible for what some researchers refer to as latent (and deferred) demand. In essence, the reporting of constraints to leisure and recreation by people is an indicator of the latent demand for recreation.

Thesis Outline

Chapter 2 is a critical evaluation of the work that has been recently conducted, pointing to its shortcomings by way of providing the rationale for this study and the improvement over previous research it hopes to make. It provides the background, basis and reasoning for doing the present study.

Chapter 3 explains the two stage, qualitative-quantitative methodology used in this thesis. It describes in detail the in-depth interviews and the self-administered questionnaire survey conducted, as well as the analyses of the data collected with these techniques.

Chapter 4 presents the results of the interviews and questionnaire survey. The responses to the interviews are presented along with the final interpretive summary. The results of the statistical analysis of the data collected by the questionnaire survey are also summarized and presented in this chapter.

Chapter 5 presents a summary of the findings of the study as they relate to the five objectives, the conclusions from the findings, identification of the study's weaknesses, and finally, suggestions for future research.

CHAPTER 2

LITERATURE REVIEW

INTRODUCTION

In this second chapter, the terms 'leisure' and 'recreation' are defined for the purposes of this thesis. A brief overview of research on constraints to leisure in general is presented. The particular issue of concern in this thesis is then introduced, by reviewing the two studies which produced unexpected findings. Explanations offered by researchers for the unexpected findings are then briefly outlined, one of which is the notion of 'constraints negotiation'.

Some critical analysis of this research which led to the 'negotiation proposition' is then presented. This is done to identify some of the limitations of the "supporting" research, and to reveal problems that the present research should try to avoid. It will be shown that the research that leads to the 'negotiation proposition' has some limitations, and that the conclusions and generalizations made from it should not necessarily be accepted at "face value". It will be shown that it is limited because of research design; lack of defining and clarifying important terminology; and, possessing a lack of theoretical and conceptual development.

The rationale for the present study on constraints to leisure is then given.

The Terms 'Leisure' and 'Recreation' - Defined for the Purposes of Further Discussion

It is often noted in the academic research literature on leisure and recreation that the study of these phenomena is very problematic because of a lack of necessary definitional clarity. As Wall (1989) stated, "Studies of leisure and recreation are plagued by imprecise terminology"(p. 3). Criticisms are not only made with regard to the lack of clarity in the use of these terms in general, but also with regard to specific studies conducted. As the concepts leisure and recreation are the focus in this thesis, it is important that they be clearly defined at the outset. As will be shown later in this literature review, this is to avoid the definitional ambiguity that is so problematic in the research on constraints in particular.

A review of the literature reveals there have been a number of different definitions of leisure offered by researchers. These have varied in their interpretation. Butler (1981), in a paper on the study of leisure by geographers, defined leisure as "time considered free of commitments by the individuals or societies being studied"(p. 2). Wall (1989), another recreation geographer, stated, "Leisure is often considered to be a measure of time. It is the time remaining after work, sleep, and necessary personal and household chores have been completed. It is time available for doing as one chooses. Leisure may thus be defined as discretionary time"(p. 3). Researchers from a sociology and psychology background (whom, as Jackson and Burton (1989) showed, contribute a large proportion of the research on leisure and recreation), however, have argued that leisure should be defined as a "a state of mind". Related to the idea of a state of mind, still other researchers, including some not only from a sociology or psychology perspective, but also some from an explicitly feminist perspective, have argued that leisure should be defined as a concept entailing "perceived freedom and choice" (e.g. Iso-Ahola & Mannell, 1985; Shaw, 1985). Trying to combine the notion of leisure as both time and state of mind, Driver (1990) stated, "Leisure is commonly defined as time within which people can engage in activities that are intrinsically rewarding"(p. 95).

The use of the word 'leisure' in this thesis means discretionary time, when a person feels relatively free from doing activities that he or she feels obligated to do or are necessary for survival and comfort such as work, housework, chores, taking care of children or other family members or friends, other social commitments, and self-maintenance activities (e.g bathing, eating and sleeping). This is the time when a person feels that he or she can do as he or she pleases, to just relax or do things that they find intrinsically rewarding.

Similarly to leisure, there have been different definitions given by researchers for the term 'recreation'. Most researchers today interpret recreation as being inherently activity-oriented and taking place during a person's leisure time. Butler (1981) defined recreation as "a voluntary activity engaged in leisure time for purposes of enjoyment"(p. 2). Wall (1989) stated, "Recreation embraces a wide variety of activities which are undertaken in leisure. The majority of these activities require skills, knowledge, and effort, and participation is usually the result of conscious choice"(p. 3). Some researchers argue, however, that recreation should not be understood just as any particular activities, but that, as with leisure, psychological dimensions be understood and included in its definition. It is argued, recreation is also as much a state of mind as any particular activities in themselves (see e.g., Driver & Tocher, 1974; Wall, 1989).

The use of the word 'recreation' in this thesis means activities that people do in their free time and find intrinsically rewarding, fun, enjoyable, or relaxing. Recreation is activity that is undertaken in leisure time, when a person feels predisposed to engage in some form of enjoyable activity.

In reference to the review of literature to follow, it should be understood that the use and meaning of 'leisure' and 'recreation' by researchers is not necessarily the same as the present writer's. Further, it is not made clear in the Literature Review what are the meanings or interpretations of the researchers. This is not done because the researchers themselves do not make their meanings clear.

Recent Research on Constraints to Leisure

The attention constraints has received as a research concern over the past few years is seen not only by an increase in empirical studies, but also by the appearance of several critical reviews (e.g. Goodale & Witt, 1989; Henderson, 1991; Jackson, 1988; 1991). These reviews have noted, even though the increased interest in constraints has produced significant developments, constraints research has been somewhat "atheoretical" and has made a number of untested assumptions.

Attempts are being made to identify and critique the [supposed] common assumptions held by researchers. One assumption, in particular, a few researchers have claimed is that higher "levels" of constraints are associated with resultant lower "levels" of leisure activity. These few researchers have argued, that much, if not all, past research on constraints has been based on this assumption. For example, Kay and Jackson (1991, p. 301) stated,

> Shaw, Bonen and McCabe (1991) have pinpointed one of the most critical [assumptions] - that much research into constraints embodies the largely untested assumption that there is a direct and negative link between the reporting of constraints and the level of participation in leisure activities. ... High levels of constraints have been assumed [by researchers] to lead to restricted engagement in leisure activities.

Both Shaw et al. (1991) and Jackson, Crawford and Godbey

(1993) stated, that this is generally an unstated assumption, but underlies most, if not all, research on leisure constraints. They further argued, this assumption is especially evident in claims made about the value of research on constraints to the leisure and recreation service provider (e.g. Backman & Wright, 1990; McGuire & O'Leary, 1990). They stated, this assumption has been the starting point or conclusion of much constraints research, and this makes it important to determine whether empirical research supports such views.

Conflicting Empirical Evidence: Research on the Relationship Between Reported Constraints and Reported Recreation Activity

Recently, two empirical studies produced results contradicting the notion of a negative relationship between reported constraints and leisure activity levels. Kay and Jackson (1991) stated, data from their questionnaire survey shows that reported constraints do not always prevent participation. In most cases, individuals experienced constraints while continuing to participate in the activities to which the constraint applied. They further noted, the differences in the percentage of respondents considering themselves to be constrained in their leisure between the five categories used for their Social Area Analysis (namely, the transitional inner city areas; the local authority rented housing areas; the young middle class areas; the residual inner city areas; and, the high status area) were found to be not significant at $p<.05$. They stated, the high level of constraint amongst the most affluent (high status area) is particularly noteworthy, for recreational disadvantage and barriers to participation are traditionally assumed to be associated with areas of obvious deprivation. The grouped data indicated high levels of constraints were reported not only by "deprived groups" (inner city, low-income groups who are typically low-participation groups), but also by those groups who generally have high levels of leisure participation (i.e., affluent, high status adults).

Shaw et al. (1991) also found little support for the hypothesis that higher "levels" of reported constraints are associated with lower "levels" of recreation activity. Their study suggests, the more frequent reporting of at least some perceived constraints is associated with higher rather than lower participation. Many of the constraints, including the three most frequently reported ones, were shown to have positive rather than negative relationships with participation. Analysis further showed, a number of constraints measured had no relationship with amount of participation.

The results and conclusions made from both Kay and Jackson's (1991) and Shaw et al.'s (1991) studies cause concern. They contradict what is inherent in the concept of constraints. 'Constraints', by definition, are factors that do indeed negatively affect (or constrain) leisure time and recreation activity. Researchers and dictionary editors certainly define them as such. As a result, this issue should get further attention.

Critical analysis will be conducted of these two studies (that produced the unexpected results), to identify any limitations of them. Some problems may be raised about how the studies were conducted. Such a critical analysis is offered in the second section of this chapter. In addition, a number of explanations were given to account for the findings of these studies. These explanations will be reviewed to try to determine why these studies had the results they did.

Explanations Offered for the Recent Research Findings

Kay and Jackson (1991) stated in response to the results of their study, when individuals report constraints, they appear to be conscious of potential as well as actual constraints, and report factors which they experience but are able to overcome. They suggested that constraints may be reported more frequently by participants because any act of participation potentially exposes individuals to constraints. Kay and Jackson (1990) further suggested, the apparent contradictions in the relationship between reported constraints and reported leisure may also be due to different levels of aspiration, or the presence of frustrated aspiration. Shaw et al. (1991), on the other hand, stated there are theoretical reasons which suggest why reported constraints may not be as good predictors of participation level as might be expected. They argued, constraints that empirical researchers have included in their studies have generally been either selected "intuitively," since they have appeared to be self evident, or else they have been adopted from previous constraints studies. Constraints may exist which researchers have not asked about, or people do not recognize as such. They also stated, in addition, reported constraints, by definition, deal only with those constraints people are consciously aware of and think of as barriers. Shaw et al. added, with respect to those who reported lack of time as a constraint even though they actually showed disproportionately high levels of participation, perceptions about time may be different from actual time availability. Lack of time may be a response that either is easy for people to make and may mask other constraints, or high rates of participation in recreation activities are actually contributing to the lack of time for leisure as evidence of a stressed or rushed lifestyle.

As can be seen, there have been a number of different explanations given for the unexpected findings of the recent studies on the relationship between reported constraints and recreation activity. All seem to have some merit, and each may account for the results, in part. The extent to which any one explanation accounts for the unexpected relationship has not been addressed, however. None of these explanations has been accepted by researchers as definitive.

The 'Constraints Negotiation' Proposition

Possibly as a result of these explanations not being fully satisfactory, one other explanation has been offered and is receiving support by a few researchers (e.g. Crawford, Jackson & Godbey, 1991; Kay & Jackson, 1991; Scott, 1991; Jackson et al., 1993). This explanation is being termed 'constraints negotiation', and refers to the notion that when people encounter constraints on their leisure time and recreation activity, they try to overcome, "work around" or 'negotiate' them in order to either attain or maintain their desired levels of leisure and recreation. It is proposed, when people experience constraints, they successfully negotiate them in order to fully or partially either maintain or attain desired leisure. As such, people will both report the constraints they experience as well as the leisure they manage to get.

Crawford et al. introduced the idea of 'constraints negotiation' in presenting their 'hierarchical model of leisure constraints'. In explaining their model, Crawford et al. stated, "Leisure participation is heavily dependent on negotiating through an alignment of multiple factors, arranged sequentially, that must be overcome to maintain an individual's impetus through these systemic levels"(p. 314). Scott (1991) also showed initial support for the 'negotiation proposition'. Commenting on the results of his study, he stated, leisure constraints are forces within people's lives that must be successfully negotiated if leisure involvement is to occur.

The latest support for the notion of 'constraints negotiation' specifically addressed and essentially "formalized" it in the academic literature as a possible explanation for the recent unexpected research findings. Based on their interpretation of the findings of the recent studies, Jackson et al. (1993) stated, "Indeed, these findings can themselves be interpreted as evidence that people frequently respond to constraints actively, by negotiation, rather than passively, by nonparticipation"(p. 5). "People do in fact negotiate constraints in a variety of ways"(p. 4). In addition, Jackson et al. (1993) made the following "formal" statement: "Proposition: Participation is dependent not on the absence of constraints (although this may be true for some people) but on negotiation through them. Such negotiation may modify rather than foreclose participation"(p. 4).

As can be seen, the idea of constraints negotiation has been proposed and is supported by a few researchers. To date, however, the empirical evidence supporting the existence of this possible phenomenon is still quite limited. To note the initial empirical evidence that does exist, Scott (1991) found three strategies respondents had adopted in order to adapt or alleviate their reported constraints. He found, respondents acquired information about limited opportunities, altered scheduling of games to adjust to a reduced group membership and individuals' time commitments, and developed skills to permit participation in advanced play. Kay and Jackson (1991) found, many people questioned had ways of surmounting financial constraints (the constraint found to most affect people's leisure). The most popular methods were to save up to participate (11%), or to find cheap ways of taking part (8%). Another 4% economized on other areas of expenditure to allow them to continue their leisure activities. A further 10% mentioned a variety of other ways of dealing with this problem which did not involve reducing their level of participation. Sixty percent of those experiencing financial constraints said they just reduced their participation. Only 11% said they stopped participating. Of those who reported time as their main constraint on leisure activity (the second most frequently reported constraint), 27% said they reduced the time they spent on household tasks, and 2% reduced their work time. Finally, in a study on motherhood and leisure, Wearing (1990) showed, mothers actively try to make personal time for themselves by a number of means: organizing daily duties efficiently; not doing housework; enlisting the cooperation of husbands or other family members; and, getting together with other mothers as a means of providing joint care of children.

In summary, initial empirical evidence exists to support the 'constraints negotiation proposition'. However, there has not been one study conducted to date that focused specifically, or in large part, on the issue. Further evidence is needed to confirm the existence of this possible phenomenon, and to start to assess the significance or extent of it.

CRITICAL ANALYSIS OF THE LITERATURE ON CONSTRAINTS

From the existing literature, one could say a certain amount of knowledge has been learned about people's responses to experiencing constraints to their leisure, as well as the leisure resulting from the experience of constraints. The conclusions and generalizations made from the research on constraints to leisure should not necessarily be accepted at "face value", however. This research contains some limitations. As noted, two recent studies on constraints to leisure are being claimed to show that the constraints people experience do not negatively affect their leisure and recreation. Such a conclusion raises concern. It contradicts what many researchers have always just assumed to be self-evident - that constraints negatively affect leisure. Researchers have stated they have been trying to study the constraints which people experience in order to provide information to leisure service providers so that they can help to eliminate or alleviate constraints in order for people to get the leisure and recreation they desire.

As a result, this whole issue warrants more attention. The two studies upon which a number of researchers draw their conclusions should be critically reviewed and compared to other studies on the subject to determine their validity and significance. Further, more empirical research should be done to confirm the recent finding on the relationship between reported constraints and leisure. Also, the various explanations that have been offered for the unexpected results of the two studies should be reviewed in an attempt to try to determine the reason or cause for this finding. A review of the explanations, and further inquiry into particular reasons that could have merit, will contribute to a better understanding of this phenomena, and provide a basis for improvement in further research on this subject.

A number of researchers have proposed that the supposed lack of a negative effect of constraints on leisure and recreation activity is a result of what they have called 'constraints negotiation'. It is intended that the objectives set for this thesis research will help provide a better understanding and appreciation of the effect of constraints on people's leisure.

In the critical analysis to follow, it will be shown the research leading to the 'negotiation proposition' has critical limitations in the lack of definition of important terminology and references, in the reliance on strictly quantitative data collection methods, and in significant oversights in important theoretical and conceptual development.

Problems with the Lack of Clarity of Important Terminology

The two recent (1991) studies on the relationship between constraints and leisure resulted in researchers making the conclusion that the constraints which people experience do not negatively affect their leisure and recreation activity. The conclusions from these studies also motivated the development of the 'negotiation proposition'. These studies are limited, however, because of problems with the research design and the failure to define important terminology. To begin, Shaw et al.'s (1991) study can be seen to be limited in its research design because they used a Canada Fitness Survey (1983) to study the relationship between leisure and constraints. In doing this, they equated fitness activities with leisure. They measured people's fitness activity levels and used this as a measure of people's leisure levels. This is a huge, and, as far as the present writer is concerned, incorrect assumption. Fitness activities or sports granted, at times, and by some people, could be considered leisure. But just as certainly, many people, as well as the "fitness people", do much more, and conceive of much more, as their leisure than just "fitness" activities. In many cases, if not more so, fitness activities would be classified as 'self-maintenance' or health activities. Leisure may have nothing to do with it. Moreover, a person could walk or cycle, and acknowledge them on the fitness activity survey. It may not be done for leisure or fitness, but rather simply as a way to get to and from work or any other place. Therefore, a simple inventory of activity involvement, such as the Canada Fitness Survey, should not be interpreted as an inventory of leisure for people. Yet, it has in this case. On this one point alone, Shaw et al.'s study could be deemed very limited in showing the relationship between leisure and constraints.

Another problem with the recent studies on the relationship between reported constraints and leisure is that they are being interpreted by researchers as showing the relationship between constraints (real, actual) and recreation activity. These studies do not show this, however. Rather, they show the relationship between self-perceived, reported constraints and recreation activity. These are two different entities. This lack of attention to clarity, accuracy and discretion in the use of terminology can be seen in the fact that only one of three researchers addressing the issue of reported constraints and its relationship with participation, entitled their research paper with 'reported' or 'perceived' constraints. Shaw et al. (1991) entitled their paper "Do More Constraints Mean Less Leisure? Examining the Relationship between Constraints and Participation". Kay and Jackson's (1991) paper was entitled, "Leisure Despite Constraints: The Impact of Leisure Constraints on Leisure Participation". Only Backman (1991) made the meaning of her research clear. She entitled her article "An Investigation of the Relationship Between Activity Loyalty and Perceived Constraints". The point is, all their papers are about reported or perceived constraints, yet only one clarified or identified this. Further, Backman is the only researcher of the three who did not make wide claims that previous researchers made faulty assumptions about the relationship between constraints and leisure. As a result of this lack of clarity, the present writer does not accept the conclusions and generalizations made recently by a few researchers about the relationship between constraints and leisure. The idea that there is not a negative relationship between constraints and leisure is not accepted by this researcher. The researchers making the claims that assumptions were made about the basic nature and effect of constraints were actually meaning the relationship between self-perceived, self-reported constraints and reported leisure. Since this is what was meant, it should have been clearly stated. Further, if this is the case, then two different entities (real, actual constraints and leisure versus self-perceived, reported constraints and recreation activity) were being discussed, and such claims have no support. This lack of clarity of important terminology destroys the validity of their work. As a result, further research is required to confirm their findings.

Another problem resulting from lack of definitional clarity can be seen in Kay and Jackson (1991) which considered the relative importance of different constraints. One of the questions they asked of people on their questionnaire was "Of the constraints on the chart which you have said apply to you, which would you say most affect you?"(p. 304). They found, the constraints reported as "most affecting leisure" were financial (reported by 53% of the sample), time (36%), family commitments (16%), work (13%), transportation problems (12%), health-related (7%), and lack of provision (7%). The difference between 'time' and 'family commitments', and 'work', as constraints is suspect. They are all time constraints. The point is, in using other, repetitious forms of time constraint, researchers are artificially increasing the number of constraint types people have. Hence, they are mis-measuring the relationship between the number of constraints people indicate and their corresponding amount of recreation activity. Yet, this was the main or sole purpose of their research. Further, Kay and Jackson reported, of the constraints on the chart respondents noted as affecting them, 'financial constraint' was the most frequently noted. 'Time constraint' was second. If, however, all of the entities which are really just various forms of 'time constraint' were included as time constraint (e.g. 'work', 'housework', and 'family commitments' categories), then the 'time constraint' would have been found to be the most frequently reported constraint, as that most affecting people's leisure. This would make perfect sense then, because leisure is just really free time, in some way, shape or form, as defined earlier in this chapter.

One could take this idea further and argue, 'time' is, by definition, the only (real) constraint to leisure. 'Leisure' is essentially just a person having free time, time to do as he or she pleases. Therefore the only constraint to a person having free time (leisure) is that which takes time (i.e. work, housework, childcare). This is what researchers stated they were measuring, when they indiscriminantly used the term 'leisure'. If, however, researchers defined their research as trying to find out what factors constrain people from doing certain recreation activities, their studies would have much more meaning and significance. They could, then, rightfully consider factors such as financial constraints, transportation, lack of skills and abilities, and so on. These are factors that inhibit people from doing certain recreation activities. For example, it takes more than just some free time to go canoeing. One needs a canoe. This poses a potential financial constraint, because a canoe needs to be rented or bought. One also needs a vehicle to get one and one's canoe to the lake or river. This poses a potential transportation or financial constraint. The point is, no where is it made clear in Kay and Jackson's (1991) work that recreation activities are being considered.

In summary, the main point to be made is that it is this same research that lacks any clear definition of important terms and references, from which researchers are making major, broad-sweeping generalizations and conclusions.

Problems with Research Methods Used

Both Kay and Jackson's and Shaw et al.'s studies could be seen to be limited by the research methods they used. They tried to measure people's constraints to leisure by using research methods which try to objectify research by placing people in categories according to their responses. The use of this approach is not necessarily a problem; but, in these cases, it was.

By definition 'constraints' do negatively affect leisure quantity and quality. Otherwise, they would not be labelled or classified as such. The two recent studies suggest that constraints do not negatively affect leisure, however. The problem is, the research methods used were ineffective in measuring what the researchers intended and claimed to measure. Kay and Jackson (1991), for example, stated, "A constraint to leisure participation is frequently perceived even when participation is not greatly affected"(p. 310). This alone should raise doubt about the validity of the recent studies attempting to determine the relationship between actual constraints and recreation activity.

Further, in response to the recent studies, Shaw et al. stated, constraints may exist which researchers have not asked about, or which respondents do not recognize as such. They explained, the constraints empirical researchers have included in their studies have generally been selected 'intuitively', since they have appeared to be self evident, or else they have been adopted from previous studies on constraints. These comments show, the instruments used by the researchers did not effectively measure people's constraints to leisure.

The measuring of the "levels of constraint" people experience in relation to each other just by accounting for the number of constraints they indicate on a survey questionnaire, will give the wrong impression as to the basic nature of constraints. Everyone will report a number of constraints, even if they are in different circumstances. They are experienced and perceived by every individual, in the context of and relative to their personal circumstances and desires. The constraints people feel are directly related to their desires and ambitions. But this is how "levels of constraint" were measured in recent studies, and this is another reason why these studies are limited. The issue of real constraint was left unaddressed. The research methods used were not effective in measuring what the researchers claimed to have measured (as evidenced by the titles of their research papers, as discussed earlier in this chapter).

In general, the recent studies on constraints to leisure could be considered "leading" research. It creates the data as much as it (purely) collects it. Reported constraints, by definition, deal only with those constraints that people think of as barriers. In recent studies, self-perceived, potential constraints to leisure (as measured by the self-reporting of constraints) are studied, when the attempt was to study actual constraints. The two studies reviewed here solicited self-perceived, potential constraints. They left the issue of real, actual constraints to question. This is not to say that knowing the relationship between reported constraints and reported leisure is not meaningful or useful. The problem is, the results are being interpreted and presented by researchers as showing the relationship between constraints (actual) and leisure (actual).

Criticism of the use of strictly quantitative methods to study leisure and constraints can be seen in the writings of many researchers who have studied leisure behaviour. For example, Butler (1981) and Driver (1981) stated, a considerable amount of published research on leisure is hardly more than number crunching for the sake of number crunching, and as such does little to persuade those involved in leisure management and policy formulation that research has much to offer. Jackson and Burton (1989) found, from the results of their survey of 143 research professionals, the second most important issue leisure and recreation professionals think should be addressed in the future is the need for development of appropriate and relevant research methods and techniques. The responses to their survey were thought to have even greater significance considering the fact they were solicited with an open-ended question on what the field of study should focus in the future.

Many researchers have stated the use of qualitative methods are more appropriate than strictly quantitative methods for the study of leisure and recreation, and human behaviour related to them (e.g. Henderson, 1991; Searle, 1991; Shaw et al., 1991). It should be noted, which is of importance to this thesis, that some recent researchers studying the relationship between constraints and leisure support and recommend the use of qualitative research methods, while continuing to employ only quantitative perspectives themselves. Researchers studying the issue of constraints and constraints negotiation, in particular, give "lip service" to qualitative enquiries. The problem is, constraints and their relationship with leisure and recreation activity have been treated superficially to date, with quantitative techniques. Researchers attempted to study some phenomena they essentially knew "nothing" about, with questionnaire surveys, all of which have pre-set response categories, with the researchers' terminology and frame of reference. In the conclusions to their study, Shaw et al. recommended the use of qualitative research for doing research on constraints. "Qualitative research methodologies are particularly relevant here. It may be possible to identify constraints, based on qualitative research, which better explain participation (and its relationship with constraints)(than quantitative methods)"(p. 299).

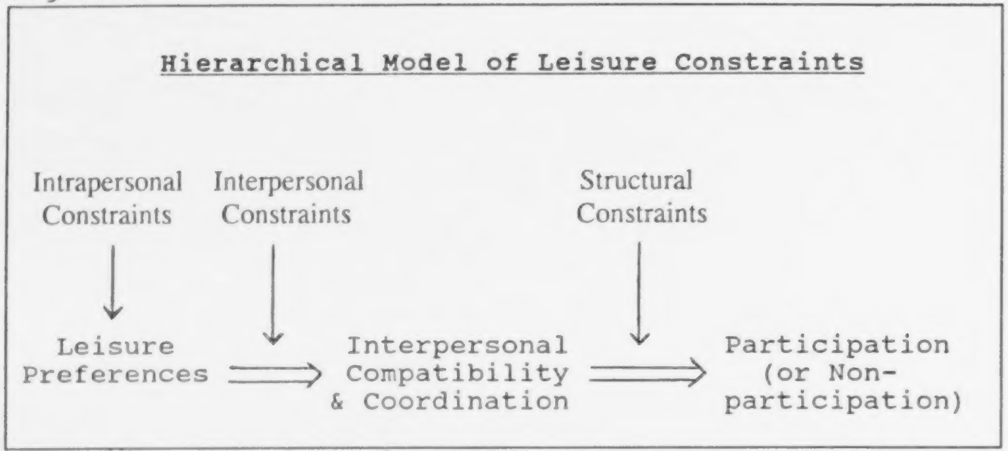
Especially for issues which have had very little or no empirical research, and those which are quite variable from person to person and very subjective in nature (i.e. such as the topic of this thesis), qualitative methods (e.g. informal discussions, unstructured in-depth interviews with open-ended questions, "participant" observation, ethnographies, daily diaries) allow for more exploratory-oriented and truly investigative research than does strictly quantitative methods (e.g. highly structured questionnaires with closed-ended questions and pre-set response categories). Pre-structured quantitative methods have the potential to force the data in directions which may not be representative of reality.

Theoretical and Conceptual Limitations of Research Conducted to Date on Constraints

There are a number of important theoretical and conceptual limitations to the research and literature on the 'negotiation proposition'. Crawford et al.'s (1991) 'Hierarchical Model of Leisure Constraints' is considered the "most advanced" model in showing the experience of constraints in people's lives. It may be the starting and ending points of much thinking and research on leisure constraints in recent years. Further, it is the origin of the 'negotiation proposition', and could be used to help interpret the results of the present research. Moreover, if the results of the present research support the 'negotiation proposition', the concept of 'constraints negotiation' could be incorporated into such a model. This would be a significant theoretical development in the study of constraints to leisure. As a result, this model has potential importance for this thesis, and for research on constraints to leisure in general. A critical review of it, however, shows it is an example of how the theoretical and conceptual development of research on constraints to leisure is limited.

The model is reproduced here as Figure 2. In the model, there are three categories of constraints: intrapersonal, interpersonal and structural. Intrapersonal barriers are individual psychological states and attributes which interact with leisure preferences. Examples of intrapersonal barriers are stress, depression, anxiety, religiosity, kin and non-kin reference group attitudes, prior socialization into specific leisure activities, perceived self-skill, and subjective

Figure 2


Hierarchical Model of Leisure Constraints
Intrapersonal Constraints
Interpersonal Constraints
Structural Constraints
Leisure Preferences
Interpersonal Compatibility & Coordination
Participation (or Non-participation)

Source: Crawford et al., 1991

evaluations of the appropriateness of various leisure activities. Interpersonal barriers were explained as being the result of interpersonal interaction or the relationship between individuals' characteristics. Structural barriers were noted as such factors as financial resources, season, climate, the scheduling of work time, and availability of opportunity. The model shows constraints are encountered in a "hierarchical order". People experience intrapersonal constraints first, then interpersonal constraints,

and then structural. Crawford et al. stated, it is only when each consecutive constraint type is overcome that a person encounters or experiences the next constraint type. Leisure participation depends on the successful confrontation of each constraint "level" in turn. They stated, "Leisure participation is heavily dependent on negotiating through an alignment of multiple factors, arranged sequentially, that must be overcome to maintain an individual's impetus through these systemic levels"(p. 72).

The positive aspect of Crawford et al.'s model is their classification of constraints into the three basic categories. These categories are very useful for discussing constraints and referring to their different types. To date, it is the most advanced classification of constraints. However, analysis of the model and the researchers' explanation of it reveals some major limitations. The model and theory give a false impression, if not an invalid account, of the nature of constraints in people's lives. In the researcher's view, the model suffers from four limitations:

1. The three different types of constraints are not necessarily experienced in any particular sequential, hierarchical order. They can be experienced in any order at all.
2. Each of the three types of constraints do not affect only one certain phase of the "leisure decision-making process". Any one or all of the three different types of constraints can affect any of the "stages of the leisure decision-making process" at any time.
3. The only outcomes of the experience of constraints are not just either "participation" or "non-participation". Such a model should account for the possible 'modified participation' outcome.
4. The term "leisure participation" should not be used. It gives an incorrect impression of what leisure is, and does not reflect the conceptual development that has taken place in the study of leisure as a whole. Such an interpretation and presentation is very limited. One does not have to be "participating" in anything to be at or experiencing leisure. On the contrary, the opposite is (more) often the case.

In summary, the model proposed by Crawford et al. (1991) is not effective in giving an appreciation of what is involved in people's efforts to either attain or maintain their desired leisure time and recreation activity. Their model is static. There is no account, or an incorrect account, of the interaction and inter-relatedness of different types of constraints. It fails to indicate anything about the dynamic process of how people experience constraints. Ironically, this was the main purpose of their model. Crawford et al.'s (1991) theory should, therefore, be explicitly challenged in the research literature. A revised model should include the following:

1) the inter-relatedness among and interaction between

the different types of constraints (e.g. show that each type of constraint can affect each "stage of the leisure process");

2) use of the word 'leisure', instead of 'leisure participation'; and,

3) the idea of either 'leisure' or 'no leisure' as not being the only results of constraints (e.g. that 'modified leisure' is also a possible outcome of the experience of constraints).

This theoretical development is especially important in the context of research on 'the constraints negotiation proposition', because it was here that the notion of 'constraints negotiation' was first presented. Crawford et al. stated, each constraints "level" (in the hierarchy) must be successfully "negotiated" in order for leisure "participation" to occur. A revised model, based on the points made in this discussion, would give a whole different impression of the nature and experience of constraints. It could be used as the basis for development of, or be put side by side with, a basic model of constraints negotiation.

Criticism of the Latest Development on the Notion of 'Constraints Negotiation'

Highly relevant to the present research on 'constraints negotiation' is the work of Jackson et al. (1993). However, they offer a very limited understanding of the nature of constraints and people's responses to them. They stated, "In Kay and Jackson's (1991) study ... the vast majority [of people] chose one or the other of the (negotiation) strategies noted earlier"(p. 4). On the contrary, people confronted with constraints do not necessarily "choose" anything. Some people may do whatever they can to get their leisure. Often, they are forced to do something or just react subconsciously to a constraint. People do not necessarily choose how they will deal with them. Not everyone, at all times, will in fact have a choice. Furthermore, what evidence exists to claim a person "chooses" only "one or the other" ways to overcome constraints, as Jackson et al. stated? Negotiation efforts may often involve a number of different strategies and actions.

As stated, Jackson et al. offer a very limited view of the nature of human behaviour, and people's response to constraints. Yet, this research continues to lead and guide research on the effects of constraints on leisure.

Other Possible Explanations for the Recent Unexpected Research Findings

As noted earlier in this literature review, there has been a number of different explanations offered for the unexpected findings of the recent studies by Shaw et al. (1991) and Kay and Jackson (1991) (which showed there is not a negative relationship between the reporting of constraints by respondents and their leisure levels), one of which is the 'negotiation proposition'. Yet there are other possible explanations not yet identified in the research literature. The importance to the present research of identifying other possible explanations is it can provide an interpretive context for investigating the 'negotiation proposition', and could provide other insights. This idea is detailed in the following.

Some of these other possible explanations that can be identified are based on consideration of basic human nature and the limitations of the effectiveness of the questionnaire survey in studying constraints to leisure. For example, people, in general, always seem to want more than what they presently have (e.g. money). It seems quite clear, then, on a survey when asked about constraints and if they would like more money, or more free time, a very high percentage of people will respond "yes". Therefore, it is not surprising at all when asked on a survey if they are constrained by money or constrained by time, many or most would respond 'yes'. The result of this basic aspect of human nature would then be that the measurement of constraints, as done by the questionnaire surveys in the two recent studies, would be high regardless of the respondents' circumstances. This notion might help explain why Kay and Jackson (1991) found that 72% of their respondents wanted more leisure, and Shaw et al. (1991) found that 82% of their respondents indicated they wished to have more leisure.

Another possible explanation for the "unexpected" recent findings, and related to the previous one, is in the idea that different people, with different incomes and different time commitments, aspire to do different things, and people report constraints on what they aspire or want to do. People with more income get accustomed to certain activities and pursuits that cost more money. Hence, they expect to be able to do these more expensive activities, even when personal financial and free time conditions fluctuate. Moreover, higher income groups may have more opportunity for exposure to more or different activities. Hence, they obviously would perceive and be confronted with more, or different, constraints in order to do these activities. It is quite conceivable, then, the more opportunities a person or a socio-economic group perceives, the more constraints they experience. As a result, everyone will report constraints (on what they want to do). Conversely, if a person or a group does not perceive or is not aware of an opportunity, then they do not experience the constraints involved. Therefore, people in very different circumstances can report similar "levels" of constraint. People experience constraints relative to their personal situations and what they want to do. The measuring of the "levels of constraint" people experience in relation to each other just by accounting for the numbers of constraints they indicate on a survey questionnaire, then, will give the wrong impression as to the basic nature of constraints. But this is how "levels of constraint" were measured in recent studies, and this is another reason why these studies are limited.

Related to the above, it is possible that if someone experiences a social structural constraint, like occupation and hence income, and can not overcome it, they will not go on to perceive and hence experience and hence report (on a questionnaire) other types of constraints (e.g. lack of time, inadequate facilities, lack of skill, etc.), as listed on these questionnaires. In other words, if a person experiences money as a constraint (a social structural constraint), they cannot go on to do many things, and hence experience other types constraints. If this is the case, the respondents will only report one constraint, along with reporting low participation. On the other hand, a person not experiencing what could be considered a structural constraint (i.e. money), would have the primary or basic means to do certain, "more privileged" things. They would then think they could do something. They try to do it and as a result, experience other types of constraints. In this line of argument, it is possible to envision that participants would report as many, if not more, constraints as "non-participants" because only by doing something can one experience constraints and feel constrained in doing it. Further, people who are able to do certain activities are more aware of what is involved, and these factors may be reported as constraints on questionnaires. For example, in keeping with Willits and Willits' (1986) "the more, the more" thesis, high rates of participation in recreation activities may actually cause lack of time, and thus cause people to report time as a constraint.

Another type of explanation not noted in the literature which seems quite plausible, is the notion that on a questionnaire, when people are asked about their constraints, they actually interpret this as factors they know they must deal with or account for in order to do what they want. For example, respondents could list 'time', 'money' and 'transportation' as all necessary to participate. It may not be that these things are necessarily stopping them from doing something, but rather, they need to consider these things in order to participate. This obviously would artificially inflate or increase the measure of actual constraints.

Further explanation for the unexpected results of the recent studies by Shaw et al. (1991) and Kay and Jackson (1991) (which showed there is not a negative relationship between the reporting of constraints by respondents and their leisure levels) can be made by showing a relationship between the response of people to constraints and their motivations. For example, it is possible, the more a person feels constrained or deprived of something, the more they want it. As noted earlier, research has shown, the vast majority of people want more leisure than they currently have. It could be proposed, as constraints rise, motivation rises or, the opposite, as motivations rise, constraints rise. The issue of motivations and constraints could very much be linked to the 'negotiation proposition'. The more one is motivated and experiences constraints, the more one negotiates her or his constraints in order to attain his or her desired leisure. Constraints, then, may actually instigate or increase the desire to participate. It has only been conceptualized by researchers that constraints negatively affect leisure and recreation activity. It could be proposed, however, that constraints may, in fact, positively affect and actually enhance a person's leisure desire and experience. Overcoming constraints (as held by the negotiation proposition) could increase a person's satisfaction level in leisure. Further, some people may even be attracted to some types of constraints. In some cases, an attraction or motivation to participate is to be able to overcome certain constraints. For some, the enjoyment or satisfaction may be derived from overcoming the constraints, and not solely in the end activity. There may be a relationship or balance between constraints as a deterrent and constraints as an attraction or motivation. When factors become insurmountable or problematic, then they are actually a constraint. When these same factors are successfully overcome, they are actually a motivation for the leisure experience and enhance the resultant satisfaction. Possibly, the overcoming or negotiating of constraints is actually an important aspect of the leisure experience and enhances satisfaction and leisure actualization. This line of argument would bring the study of leisure "full circle", in that leisure would not be leisure without constraints to overcome (negotiate). This perspective views constraints as actually a requirement for leisure and recreation to occur. One could argue, unless there is some constraining force(s), there is no such thing as leisure and recreation. This is what Coalter (1989) may be referring to with his book entitled, Freedom and Constraint: The Paradoxes of Leisure.

As can be seen, there are a number of other types of explanations that could account for the more recent research findings suggesting there is no significant negative relationship between constraints and leisure. That these other explanations have not been explored could be considered one significant limitation of the research on the relationship between constraints and leisure. Consideration of these other possible explanations could show the recent studies are limited, or at least the research methods used were quite ineffective. Further, the ideas that constraints are relative and contextual, that everyone will report them, and that they are highly related to motivations, could significantly enhance conceptual and theoretical development of the 'negotiation proposition'.

Potential Contributions from Theoretical Developments Already Made in the Study of Leisure and Recreation as a Whole

Significant developments could also be made in the study of constraints to leisure if this research was compared to and linked with theoretical developments that have already been made in the study of leisure and recreation as a whole, not to mention social research in general (e.g. Goodale & Witt, 1989). To provide just one example to illustrate this point, one could note, Jackson et al.'s (1993) statement of the two assumptions made in the study of constraints and leisure: (1) Participation is the only aspect of leisure behaviour affected by constraints; and, (2) there is only one type of constraint, the effect of which is to prevent participation once a preference has emerged. Their statement revealed these assumptions have not been dealt with yet in the study of constraints to leisure. These assumptions could have been revealed and examined long ago, however; and the development of research on constraints to leisure not been limited by these assumptions, if Clawson and Knetsch's (1966) work was considered. Their theory stated, the recreation experience is comprised of at least five rather distinctly different phases (they are: anticipation, which includes planning and preparation; travel to; on-site; travel back; and, recollection). Clawson and Knetsch further argued, most writing about recreation assumes the particular "on-site" activity is the total recreation experience. The total recreation experience is almost always much broader than this, however. They explained, the other four parts of the recreation experience, aside from the "on-site" activity, are almost always overlooked and not considered in research on recreation activity. Because of this the resulting theoretical and conceptual development is quite limited.

Use of Clawson and Knetsch's theory could have greatly enhanced researchers' understanding of people's experience of constraints, propositions made about their basic nature, and the development of the negotiation proposition. This theory would clearly suggest the on-site activity or "participation" itself is not "the only aspect of leisure behaviour [potentially] affected by constraints". Constraints can also affect the 'anticipation', 'planning', 'preparation' and 'recollection' parts of the "total" leisure or recreation experience. From this theory, one could conceptualize, constraints negotiation as being involved in all stages of the leisure and recreation experience.

This one example illustrates the point that the development of research on constraints to leisure could make some significant advancements if this research was compared to and "linked" with development that has been made in the study of leisure and recreation as a whole and other types of research being conducted on them. This issue is highly relevant to this research. These types of assumptions will inherently limit this research, if they are not examined.

Conclusions from the Literature Review

In this second chapter, previous academic research from which this thesis research is to "build on" was reviewed and some critical comments were given. It was shown, the limitations which exist are in large part a result of problems in research design, lack of clarity in defining important terminology, and lack of needed theoretical and conceptual development.

The foregoing review of previous research, however, does provide some background and foundation from which to undertake further research on the topic of the effects of constraints on people's leisure and recreation and, in particular, on the issue of 'the negotiation of constraints to leisure'.

The Need for Empirical Evidence

As noted, at present, the 'negotiation proposition' does not have any significant empirical support. There is initial empirical evidence, but it is quite limited. There has not been a study conducted to date specifically on the issue of 'constraints negotiation'. A definite opportunity to contribute to the academic literature and which seems a manageable task for this thesis is to empirically "test" the 'negotiation proposition'.

RATIONALE FOR THE STUDY

As was noted earlier, the importance of leisure and recreation is reflected not only in the expanse of leisure- and recreation-based businesses in the private commercial sector, but also in the extent of publicly funded government recreation programs. Burton (1984) stated, "Public agencies are involved in recreation primarily because of the need to provide services, facilities and programs for groups that would otherwise be disadvantaged in one respect or another"(p. 144). Goodale and Witt (1989) stated, "The origins of recreation service provision are founded in attempts to overcome the deleterious conditions which precluded or limited recreation participation for one group or another"(p. 421).

Researchers have stated that research on leisure constraints is valuable in that it can help in the public leisure services delivery system (e.g. Driver, 1989; Goodale & Witt, 1989; Jackson, 1988). Jackson (1988), for example, stated, the results of such research, "can be used in the development and implementation of recreation and leisure management strategies"(p. 204). Further, Goodale and Witt (1989) stated, understanding why and how people do and do not participate "has important implications for those who plan leisure services, provide facilities for leisure activities, and develop leisure-related policies"(p. 421). "The concern about barriers, non-participation in recreation activities, and lack of leisure opportunities has always been an important progenitor of park, recreation, and leisure services"(p. 422). In all, much research is based on the assumption that the results of leisure constraints research will help the leisure service provider remove or minimize constraints in order to help try to maximize participation, or, in essence, allow people to pursue recreation activities they wish to do.

On a different note, even though not everyone who desires leisure and recreation would consider themselves restricted by or concerned about constraints, most people would like more or better leisure and recreational activity than they have currently. The percentage of the population that feel they have no constraints on their leisure and recreation would seem to be a fairly small percentage. Shaw et al. (1991) reported, 82% of their sample (of 18,693 people) indicated they wished to participate more in physical recreation activities than their current level of participation. Kay and Jackson (1991) reported, "By far the majority of respondents (72%) felt there were factors which prevented them from either doing things they wanted to do, or doing things as frequently as they wanted to, in their leisure time"(p. 304).

As far as what "type" of people are reportedly affected by constraints, Kay and Jackson (1991) explained, the majority of respondents in all of their social class categories considered themselves to be constrained in their leisure. "Few of the main constraints on leisure varied significantly between Social Area Categories. Differences in the constraints of money, time, family commitments, and poor health were not significant at p<.05"(p. 307). "Differences (between the categories of social classes) were not significant at p<.05. ..... The differences in the overall level of constraint reported in each Social Area category were surprisingly small for sub-groups which differ so greatly in their demographic and socio-economic characteristics"(p. 306).

As initial empirical evidence suggests, the majority of people who report constraints try to negotiate them in some way. Kay and Jackson (1991) stated, nonparticipation was the response to reported constraints for only a very small minority of the sample, whereas the vast majority chose a negotiation strategy. Therefore, initial indications suggest research on the negotiation of constraints is relevant to most of the people who report they have constraints.

The research being proposed for this thesis on 'the negotiation of constraints to leisure', on the other hand, may not be relevant to everyone. There could be a variety of reasons for this. For example, there are a few researchers who are sceptical about the amount that leisure service providers use academic research, and the effect that it ultimately has on the provision of leisure services (e.g. Beaman, 1978; Godbey, 1989). Godbey (1989) claimed, the vast majority of practitioners do not read academic research journals in which most of the research is published. He noted, almost all of the articles in journals are written by academics who are writing for other academics. "The often ponderous language, stultifying style, and heavy reliance on statistics assure that such writing will not or cannot be read by most practitioners"(Godbey, 1989, p. 614). He stated, the vast majority of practitioners are not prepared to read research journals and most research journals are not designed for practitioners. He explained that some of the more interesting research to the practitioner is currently being done by private-sector research and marketing companies. Godbey (1989) and Cranz (1982) argued, most public recreation, park, and leisure service agencies are as much, if not more, guided by political exigencies as by "scientific" and logical reasoning based on supply and demand.

As Goodale and Witt (1989, p. 422) noted, although the direct provision of services and facilities may help overcome some barriers for some people, the simple provision of more opportunity is not necessarily always the answer to increase participation. They stated, the dynamics of participation or non-participation are complex, encompassing psychological, health-related, and other personal factors; and there are both philosophical and practical, social, political and economic limits to the public provision of facilities and programs. Further, some may argue efforts to remove or minimize constraints may not even be desired in every case. It should be understood that it is not assumed by the present writer that more leisure or recreation activity is necessarily better than less, or participation in some things is better than in others. A perspective such as Goodale and Witt (1989) may be as valuable. "Increased participation in various activities may not be a panacea, or even an improvement, [especially] in a culture where pace, stress, and overload seem already to have exceeded the limits of well-being for many. Withdrawal and avoidance may be indicated [or needed] for the well-being and happiness of some"(p. 444).

In addition to those listed above, research on constraints may not be of interest to some people for quite a different type of reason. In research on constraints, it seems that some researchers are always using the terms "leisure participants" and "leisure non-participants" (e.g. see Jackson, 1991; Jackson et al., 1993). However, just because people do not do "this or that" activity listed on some survey questionnaire, they should not be called "leisure non-participants". How does one not "participate" in leisure? How does one not "participate" in just free time (being leisure, by definition)? To have leisure all one needs is free time. It does not seem that anyone has to "participate" in anything to have or be at leisure. Discussion in these terms or from this perspective may cause some people to discredit and dismiss such commentary and research as meaningless.

In summary, it can be noted, there may be people who view research on constraints as of little or no relevance or interest to them for any one of a variety of reasons. Research does show, however, that research on constraints and the negotiation of them is relevant to a large percentage of the population.

CHAPTER 3

RESEARCH METHODS USED

OVERVIEW

As noted in Chapter I, the methods used to conduct the research for this thesis entailed the following:

1) a small-scale qualitative study, using in-depth interviews, with a small number of people; and,
2) then subsequently, with the intent of being able to make more widely applicable generalizations, a questionnaire was developed and administered to a sample cross-section of the general population of Edmonton.

This chapter will discuss the reasons for the selection of the methods used in this research, the conducting of the in-depth interviews, the selection of interview respondents, and the treatment and analysis of the interview data. This chapter will also discuss the development of the questionnaire, the questionnaire itself, the administration of the survey, and the treatment and analysis of the survey data.

Reasons for the Selection of the Research Methods Used

In the review of the literature, it was shown many researchers have criticized the use of questionnaire surveys as being ineffective and inappropriate for studying leisure and constraints to leisure. It was also noted earlier, there has not been one study conducted to date focusing on the issue of 'leisure constraints negotiation'. As a result of these two points, it was felt an exploratory-oriented approach, based on qualitative research methods, would be the most appropriate and effective strategy for conducting the proposed research. It was thought the use of a questionnaire survey initially would "lead" the respondents at this stage in the research. The use of lists of pre-determined and pre-set responses, in the terminology of the researcher without first "seeing" what people, in general, think and say about the issue, would be "leading" and hence inappropriate.

A two-stage, qualitative-quantitative strategy was developed. The purpose of the in-depth interviews was to determine if the phenomenon being called 'the negotiation of leisure constraints' actually exists. If in fact people do try to 'negotiate' their constraints, this stage of the research would determine some of the types of things people do to try to overcome them.

Given the first stage had positive results, the purpose of the second stage of the research process, the questionnaire survey, was to determine the extent of the negotiation phenomenon. In other words, it would determine the percentage of people who try to overcome or work around the factors they have identified that inhibit the attainment of their desired leisure time and recreation activity. The questionnaire survey would also determine the percentage of people who use the various negotiation techniques reported by people in the qualitative investigation. From the results of the survey, it was intended that more widely applicable generalizations could be made.

With this general overview stated, the following sections of this chapter describe in detail the methods used for the research for this thesis.

THE IN-DEPTH INTERVIEWS

Conducting the Interviews

The interviews were conducted by the researcher and guided by 'open-ended' questions from an interview outline (Appendix A). The interview outline was divided into three sections. The introduction stated the general topic of interest for the research and discussion. This topic was discussed briefly with the respondents when they were asked if they would do the interview. The lead-in questions were intended to gather some general information and provide context for the discussion to follow. These questions solicited their occupation, marriage status, and the types of things they do in their free time. They were asked how much they valued having free time and why.

The second set of questions asked if they felt they get enough free time, get to do the things they want to in it, and how their free time pursuits are constrained or limited. The person was then asked what she or he felt are the main constraints to their leisure. Each person was further asked if they find they can partially or fully overcome any of the constraints they experience and what they do to try to overcome them.

The last section of the interview was intended to give the respondent the opportunity to discuss anything else they wanted and add any comments regarding any part of the interview. The interviewer took this opportunity to make sure all areas of questioning had been addressed.

It should be noted, the outline was used to guide the interview only. It did not dictate or serve to highly structure the discussion. One of the purposes of the interviews was to see how people (outside of the research community) talk about the issue, what their thoughts were on it, if any, and to find out the terminology and frames of reference they use. It was hoped people would talk in their own words about themselves and their involvements. No predetermined types of responses were solicited. The interview outline served as a reminder of the issues needing to be addressed sometime in the conversation. When a particular interviewee was short of conversation the guide was relied on. The interview guide was not so strictly followed as to negatively influence in any way the intended conversation style of the interview. For example, all questions on the guide were not necessarily asked in each interview. In some cases, it was not necessary to ask all the questions because the person had already answered them in addressing other questions. Asking certain questions on the interview guide was often dependent on the answer the respondent gave to a previous question.

It should also be noted, the interview experience for each respondent probably changed from the first to the last one conducted. The researcher tried to learn from each and every interview as they were being conducted. After each interview notes were made on new ideas to use and how to improve the interviews to follow. Especially in the beginning of the interview process, comments respondents made provided ideas about terminology and prompts to use when interviewing, as well as other questions to ask. In general, attempts were made to improve the interviews as the process went on.

On average, the interviews took 35 minutes; and ranged from 25 minutes to an hour. They took place between October 22, 1992 and December 02, 1992. Each interview was tape recorded so that they could later be transcribed verbatim.

The Selection of Respondents

Respondents were "hand chosen" from people known to the researcher. The respondents neither knew about the research until being asked to be interviewed, nor did the researcher know what respondents did in their free time. "Hand choosing" the respondents could have had certain disadvantages but it was felt the advantages outweighed them. First, it was thought people that were known would respond more positively to a request to be interviewed. It was thought knowing the respondents, at least enough to feel fairly comfortable talking freely with them, would result in better interviews. For example, they would be less likely to mind some probing into their personal lives. It also allowed respondents who were fairly expressive to be included. An effort was made to choose people from somewhat different backgrounds and to get an equal number of women and men.

In the end, seven of the people identified as being good potential respondents were interviewed. Seven was not a number that was strategically selected. After seven interviews were conducted, the researcher was advised to stop. The respondents were all between 18 and 65 years of age. Four were women and three were men. Six of them were married. Four had children. Six were employed. One was a student.

Treatment and Analysis of the Interview Data

After the taped interviews were transcribed, an analysis of the interviews was conducted by thoroughly reading the interview transcripts. The analysis can be divided into two parts: a content inventory and an interpretive summary. The 'content inventory' involved noting any and all comments made by respondents about the objectives of the research. These comments were compiled under topic headings. For example, an inventory was made of the constraints people reported and the strategies or techniques they used to try to overcome them.

As the lists of statements related to constraints and constraints negotiation were being compiled, it was evident there was a certain degree of consistency in the comments made by the different interviewees. Noting these consistencies was considered the 'interpretive summary' of the interviews.

THE QUESTIONNAIRE SURVEY

The second stage of the research process was the administration of a questionnaire survey to a cross section of the general population of Edmonton. In the fall of 1993, 450 people in Edmonton received a copy of the questionnaire (Appendix B).

Development of the Questionnaire

The questionnaire used for the survey was developed from the results of the in-depth interviews and in consideration of the literature review. The way in which each of these sources of information were used to develop the questionnaire is described in the following section.

From the results of the interviews, the most important question on the questionnaire, the question on 'constraints negotiation', was developed. Response categories for the 'negotiation question' came directly from the results of the interviews. The 38 negotiation methods were condensed to 28 as several were very similar. In addition, the inclusion of an open-ended question to solicit further comments on the issue of constraints negotiation "techniques" was a result of the conclusion from the in-depth interviews that there are still many more types of negotiation 'techniques' yet to be known. It was thought that since seven people reported 28 different negotiation techniques, responses from a few hundred people would probably reveal many more.

In the review of the literature, a number of studies was discussed on the relationship between leisure and constraints. Ideas from two of the latest studies (Shaw et al., 1991; Kay & Jackson, 1991) contributed to the development of questions for the questionnaire. Their lists of constraints were cross-referenced with the list of constraints developed from the interviews conducted in the first stage of this research. The list of 'constraints negotiation techniques' developed from the interviews was checked with the studies by Kay and Jackson (1991) and Wearing (1990) to make sure their findings of the ways people try to overcome constraints were included.

The Content of the Questionnaire

The questionnaire (Appendix B) was divided into four sections. The first group of questions asked respondents about their recent leisure and recreation activity. The second group of questions sought information on family leisure. The third group of questions asked people about any constraints they may have experienced in their leisure and recreation activities. This section also asked about their efforts to overcome the constraints they noted. The last section of the questionnaire was designed to obtain demographic and socio-economic information about the respondents.

Survey Administration

In order to survey as much of a cross-section of the population of Edmonton as possible, it was decided that the questionnaires be distributed in equal numbers to representative low-, middle- and high-income districts. It should be noted that 'money' (or 'finances') has been shown in past studies to be one of the most important constraints to people's leisure and recreation activity. It is consistently one of the two or three most frequently reported by survey respondents. As such, a stratified sample based on household income level seemed to be a meaningful approach.

Statistics Canada provided randomly selected low-, medium- and high-income enumeration districts from the 1991 Census information. The boundaries of these districts were outlined on printouts from Statistics Canada. Appendix C shows the locations of the three districts. The average individual incomes of the low-, medium- and high-income districts were respectively $10,995., $27, 426. and $49,439..

Administration of the survey took place between November 22 and December 12, 1993. One hundred and fifty questionnaires were distributed in each enumeration district. Starting on an arbitrarily chosen street, questionnaires were delivered to the mailboxes of every second house in each district until the quota of one hundred and fifty was reached. A covering letter accompanied each questionnaire (Appendix D). People were asked to complete the questionnaire to the best of their ability and put it back in their mailbox for pick-up in a few days.

First Collection and Follow-up Efforts

Four to five days after delivering questionnaires to the three neighbourhoods, the first "round" was made to pick-up completed questionnaires. At the same time, a "follow-up package" was dropped-off to households that did not complete their questionnaire. This 'follow-up package' consisted of a follow-up letter (Appendix E), along with another copy of the questionnaire. Another copy of the questionnaire was provided in case something had happened to the first one that had been dropped-off. The first follow-up letter encouraged people to complete the questionnaire and put it back in their mailbox for pick-up in a few days.

Second Collection and Follow-Up Efforts

Four to five days after making the first round to collect completed questionnaires, a second round was made to pick-up completed questionnaires. In addition, a second follow-up letter (Appendix F) was dropped-off at households which had not completed the questionnaire. This second follow-up letter let people know that someone would be by one more time to pick-up the questionnaire.

Response to the Survey

Of the 450 questionnaires delivered to homes in Edmonton, 169 of them were completed and collected. This resulted in an overall response rate of 37.5 % (Table 1).

Table 1 Overall Success of the Survey

Surveys	Number	Percentage
Delivered	450	100
Completed	**169**	**37.5**

The overall response rate was a little lower than expected. This was a result of the very low response rate in the low-income district (Table 2).

Table 2 Success of the Survey by Income District

	District Income Category		
Surveys	Low	Middle	High
Delivered	150	150	150
Completed	13	78	78
Response Rates	**8.6 %**	**52.0 %**	**52.0 %**

The response rate of 8.6% for the low-income district was much lower than the 52% of the middle- and high-income districts. Low income people, therefore, are under-represented in this research. The data, as a result, will be treated primarily in the aggregate. Any results that are specific to the low income area are suggestive rather than absolute.

The follow-up efforts of administering the survey proved to be very worthwhile and greatly helped the response rate of the survey. Table 3 shows the number of questionnaires that were collected in each of the three "rounds" of collection.

Table 3 Number of Respondents in Each of the Three Rounds of Collection

Round of Collection	Number Collected
1st	76
2nd	41
3rd	52
Total:	169

As can be seen, the total number of questionnaires collected initially (in the first "round" of collection) was seventy-six. The follow-up letters and subsequent second and third rounds of collection produced another ninety-three completed questionnaires, more than doubling the resultant response rate to the survey.

Treatment and Analysis of the Questionnaire Data

The survey data were coded and entered into a computer spreadsheet file. The additional types of negotiation techniques that were reported by respondents (in response to the question about the types of negotiation techniques) were compiled into a list. These additional negotiation strategies, along with those provided in the questionnaire, were then matched with the constraint each applied to. As a result, a list of people's responses to various types of constraints was established.

Frequencies and percentages were determined for all questions and the different possible responses for each. Cross-tabulation and Chi-square tests were conducted to see if any relationships existed among the variables.

CHAPTER 4

RESULTS OF THE STUDY

THE IN-DEPTH INTERVIEWS

As noted in the previous chapter, two types of analyses were conducted on the information from the interviews: a 'content inventory'; and, an 'interpretive summary'. The results are presented in the following sections.

The Content Inventory

Every respondent reported a number of different types of constraints to their leisure time and recreation activity. The seven interviewees reported nine different types of constraints. The average number of constraints reported was three, and ranged from two to five. The number most frequently reported was three. Four of the seven interviewees reported three different types of constraints. The common types of constraints reported were work (job), children, money (or finances), housework and time in general. Work (job) was the most frequently reported constraint, with children and money next, followed by housework and time in general. The following table lists these constraints, and shows how many of the seven respondents reported each.

It was expected that more than just an average of three constraints would be reported by people. Researchers of two past studies presented eleven (Shaw et al, 1991) and nineteen (Kay & Jackson, 1991) different types of constraints for respondents to choose from and indicate. Many of the constraints listed in these past studies were not noted by respondents to the in-depth interviews. This may have been because people were not prompted by a list of constraints to

Table 4 Constraints to Leisure and Recreation Activities Reported by Respondents to the In-Depth Interviews

Constraint Reported	Number of Interviewees that Reported It (out of 7)
Work (Job)	6
Children	4
Financial (Money)	4
Housework	3
Time in general	3
Volunteering	1
Relationship with Spouse	1
Being Organized	1
Having People to do Things With	1

Source: In-depth Interviews, 1992

choose from, as was the case in these past studies. Given the freedom to express what they want, interview respondents may have just stated their main constraints, the ones that predominantly affect their leisure and recreation (e.g., see Kay & Jackson, 1991).

With reference to Table 4, a constraint reported by a respondent was categorized as 'time in general' in the analysis of the interviews when their statement(s) of time constraint did not refer to any particular type(s) of time constraint (i.e. work, children, housework or volunteering). It was categorized as 'time in general' when their statements just referred to a general lack of time for leisure and recreation. The 'time in general' constraint could be thought of as the combined effects of different types of time constraint. It is a "catch-all" type of category, when their type of time constraint could not be classified more specifically. To provide an example of the 'time in general' constraint, one respondent stated, "Second (most important constraint) would be the time constraint". This person described the effect of their 'time in general' constraint when stating, "If you're rushing the activity, its not complete (i.e. the experience)."

The notion of children as a constraint is not applicable to everyone; therefore, this finding should be put in context. Four of the respondents had children, and all four reported children as a constraint. Comments that respondents made show how they felt children were a constraint to their leisure and recreation. In response to being asked, "What kinds of things do you like to do in your free time?", one respondent stated,

> There's the first constraint is how much free time (I have). I have an old sports car that I used to like to work on and drive. But with the family along now ... . It really limits the amount of time that I can spend doing that. I used to be quite involved in the club and on the executive and planning events. Now I've had to pull right back on that.

The person continued by stating,

> Its (a family/children) a chore, but you have to try to make it (the time required by them and the time you spend with them) leisure because it may be the only leisure that you get when your kids are this age. ... My wife and I used to go to the theatre before the kids, but now, you know, we don't go to the theatre much. ... Expensive. By the time you get your babysitter, and you know, just the time factor. And babysitters aren't always available. ... I'd certainly like to do a lot more travelling. Again the children are a constraint. Oh yes. Definitely. A definite, definite change in lifestyle, particularly leisure lifestyle, the amount of time that you have, free time that you have. ... Ya the children are a definite constraint. ... I don't have much choice in my leisure activities. And I don't have much time to spend on my leisure activities. ... I don't have enough leisure time. ... My main constraint would be the children.

A different respondent stated his kids' ages are a constraint. "Primarily the eighteen-year old because he is working. If we want to do something (as a family), he has to plan with his part-time job to have time off if he can." In summary, having children could be thought of, and is, just another type of time constraint, as well as the idea of being a financial constraint. Children are not grouped in with the 'time in general' constraint category when the respondent specifically identifies that having children is a main reason for not having desired leisure time.

Describing how one person felt work was a constraint, he stated, "My second time constraint would be work. I put a lot of time into the job. I spend a lot of time at the school, and then I'm bringing work home that you simply can't get done at work." Another respondent stated,

> I don't get weekends off. I work a fair number of night shifts. I work ninety percent of the Saturdays in a year. I don't get as much time off as what I would consider a normal family. We don't have a Saturday where we can get up and say 'Let's just go do things.'. My day off is Monday. But its kind of a lost day because the kids are in school and Mom is at work. So its kind of a maintenance day around the house. Sometimes I feel cheated because of the job, to be honest. ... Because of the job, it is very restrictive. In descending order my constraints are job, finances and the kids' age.

Another respondent stated, "Right now I don't get enough leisure time. Work is the biggest constraint on my leisure time activities. ... I wouldn't say I have a lot of spontaneous times in my life. ... I just feel like I'm on a tread wheel. ... Everything has to be planned." Similarly to children, work is just another type of time constraint. Work is also not grouped in the 'time in general' constraint category when it is specifically identified by the respondent as being a main reason for their lack of desired leisure time.

Comments made by respondents show how they felt money, or lack of money, was a constraint. One interviewee stated,

> I'd certainly like to do an awful lot more travelling. There's a financial restriction or constraint there, however. Money has been tight. I've been in school the last couple of years. Paying off our mortgage. And the children. ... We used to downhill ski, but the expense of it and the number of runs you got in a day for the cost you put into it, I just made the decision not to ski

> anymore.

Another respondent stated,

> We don't do very many movies or go out to pubs or things of that nature. Quite simply because of the dollars involved. ... One of our main constraints is financial. Before we could go out for a pub night once in awhile. But now we find that it's cheaper to, say, after a ball game or after an evening of whatever, everybody just comes to my house and we have snacks and coffee or a beer or whatever. We find that we save money doing this.

Another interviewee stated, "I would buy a bike right away if I had money for it, but I don't. And I would go swimming more often if I had money because you have to buy a membership."

As with the other types of constraints, these comments by interviewees exemplify how they felt they were affected by the constraints they stated. The comments made by interviewees also show how relative constraints really are, and that they occur in varying degrees. This relates back to what was stated previously in the Literature Review chapter, regarding the fact that people with very different personal situations (e.g. income levels, amounts of free time) will report the same constraints to their leisure and recreation. How constrained people feel and report they are or how many constraints they report is relative to each individual's personal situation (e.g. their amount of free time, amount of discretionary income, if she or he has dependents or children), and is dependent on their personal motivations and desires. One person may not feel constrained at all with very little free time. Another person could feel totally constrained with very little free time. How constrained a person feels about their leisure and recreation is then dependent on their personal motivations and desires, which is dependent on each individual's past experience and background.

Methods People Used to Try to Overcome or Work Around Constraints to their Leisure and Recreation

Respondents to the in-depth interviews reported thirty-eight different ways they try to overcome or "work around" constraints to their leisure and recreation. The thirty-eight negotiation methods are presented in Table 5, organized according to the type of constraint to which each related. It should be noted that only the constraints reported as being negotiated appear in Table 5. Not all of the constraints reported by interviewees were negotiated. These included 'volunteering', 'relationship with spouse' and 'being organized'. Conversely, the notion of 'distance to an area or facility' does appear in the table as a constraint even though it was not reported as such by interviewees. It was included because they reported ways they negotiate it. It was a potential constraint.

A few of the negotiation methods are similar to others. Each is reported separately, nonetheless, because one of the objectives of the in-depth interviews was to observe the wording people used when discussing the issues, to prepare for the wording of future interviews and the survey questionnaire. Most of the ways people reported trying to overcome their constraints are self-explanatory. A few, however, should be elaborated. To negotiate work as a constraint, three respondents reported they integrate fun activities into their work and self-maintenance time sometimes in order to be sure to get some recreation. In explaining this, one respondent stated, "If I have things like shopping to do or groceries or that kind of stuff, I (sometimes) go with a friend. We go together and have fun (doing it)". Another respondent felt that taking a friend with her to her fitness class made it an enjoyable social time and not just self-maintenance time.

To negotiate money as a constraint, one respondent reported he just learned to live within his means. To explain

Table 5 Methods of Overcoming Constraints Reported by Respondents to the In-Depth Interviews

Constraint Being Negotiated	Number of Interviewees Reporting the Method of Negotiation	Negotiation Method Reported
Work	3	I sometimes integrate enjoyable activities into work and self-maintenance time, in order to be sure to get some leisure.
	1	When I work I try to work hard, so that I can have more free time.
Children	1	I utilize a baby sitter to make some free time.
	2	I take turns with my spouse taking care of the kids, so that each gets some free time.
	2	I teach the kids to be more responsible so they do more on their own. As a result, they take less time to manage.
	1	We get our kids in a routine so they know what they are supposed to be doing and they take less effort and time to manage.
	1	I take parenting courses to learn how to better manage my children.
	1	I take turns with a friend looking after each other's children, to give each other some free time.
Money	1	We just learned to live within our means.
	1	We save up to do things that we like.
	1	We budget our money.
	1	I plan ahead.

	1	I have changed some activities because of the cost.
	1	I am trying to be realistic about what I can do, and changing my expectations and priorities accordingly.
Housework	1	We moved to a house and property that does not take so much time to maintain.
	1	I sometimes make housework a lower priority.
	2	I ask the children to help with the housework.
Time in General	1	We rely on shorter spontaneous fun times for leisure, when we are not getting much leisure time.
	5	I plan (ahead).
	2	I keep organized.
	1	I rely on good time management.
	1	I learned to relax and take time just for myself.
	2	I learned (how) to say no to requests for my time.
	3	I prioritize what I need and want to do, and have to make free time a priority sometimes or else I will not get any.
	1	I plan less elaborate meals and have a lot of pre-prepared foods and meals to save time.
	1	I eat at restaurants sometimes to save time.
	1	I plan "down time" (time to just relax).
	1	I do things that take less planning when free time is limited.

	1	I will just drop whatever I am doing sometimes to take some leisure time, when I am not getting enough.
	1	Every once in awhile I arrange with my spouse to be apart from each other to be alone and give each other some "breathing space" to relax.
	1	I budget my time.
	1	I do my personal chores when my wife is busy doing other things, so that I can have my leisure time with my wife.
	1	We neglect other things sometimes just to get some free time.
	1	I have to "book" leisure time in order to get any.
Distance to an Area or Facility	3	We make getting there part of the fun, when distance to an area or facility and travelling time could otherwise be a constraint.
	1	I plan ahead.
	1	I change my recreation habits to fit the area where I live.
Lack of People To Do Things With	1	I actively look for people to do things with.

Source: In-depth Interviews, 1992

this, the person further stated they have accepted the fact there are certain things they are not going to be able to do. This could be interpreted as meaning this person lowered their expectations and as a result feels less constrained and less dissatisfied with the leisure and recreation he gets. To negotiate 'time in general' as a constraint, one interviewee did things that take less planning when free time is limited.

The respondent stated, "Like whereas before if I wasn't busy, I might plan to get six friends together and go to the park and play football or whatever. And I think now I make less of an effort to be planning things (because I don't have as much discretionary time available)". Three other interviewees stated that to negotiate 'time in general' as a constraint they priorize what they need and want to do, and must make free time a priority sometimes or they will not get any. To explain what she meant, one respondent stated "I don't think I have any free time. ... I (have to) make some free time."

The Interpretive Summary

Results of the interviews reveal people do generally feel their leisure is constrained. Every respondent reported a few different types of constraints to their leisure time and recreation activity. The findings also showed people try to overcome or work around constraints in order to either attain or maintain their desired leisure and recreation. There were some common types of negotiation methods reported by respondents. Nine were reported by more than one respondent.

In response to work being a constraint, three of the seven interviewees stated they integrate enjoyable activities into work and self-maintenance time in order to get some leisure. In response to children being a constraint, two interviewees reported they take turns with their spouse in caring for the children so that each gets some free time. In addition, two others stated they teach the children to be more responsible so they will help out more. In response to housework as a constraint, two of the seven interviewees stated they ask their children to help with the housework. In response to time in general being a constraint, more than one interviewee reported each of the following ways they try to negotiate it: plan ahead; keep organized; learning to say no to requests for their time; priorize what they need to do; and make free time a priority sometimes. When distance could otherwise be a constraint, a couple of respondents stated they try to make getting there part of the fun. In all, the interviews showed that there are certain types of negotiation methods that people commonly use to try to overcome particular types of constraints.

THE QUESTIONNAIRE SURVEY

Findings from the Questionnaire Survey

Some General Findings

Respondents were asked what they do in their free time. They were instructed to look at a list of 73 activities and circle all the ones that they have done in the past year. Table 6 presents the 20 most frequently reported activities. The five most frequently reported activities were watching TV, visiting with friends and family, reading, listening to music, and going to the movies. As can be seen, these activities were the more passive, inexpensive, and requiring minimal organization, of the activities listed in the survey questionnaire. In other words, the most frequently reported activities were those that required the least money, time and effort.

If these results were compared to the results of the Alberta Recreation Survey conducted in 1992 by Alberta Tourism, Parks and Recreation, one would see that there are some differences and some similarities. The main difference from the province-wide survey is that the five most frequently reported activities found by the research for this thesis were not even in the "top 20" of the Alberta Recreation Survey results. Further, another four activities in the top 20

Table 6 **The Most Popular Leisure and Recreation Activities of those Listed in the Questionnaire Reported by Respondents**

The Leisure Time Activity	The Percentage of Respondents that Reported Doing It in the Past Year
1) Watching TV, Movies, Videos	91.1%
2) Visiting with Friends, Family	85.8%
3) Reading	82.2%
4) Listening to Music	79.3%
5) Going to the Movies	73.4%
6) Walking for Pleasure	69.8%
7) Travelling	65.7%
8) Cards, Board Games	56.8%
9) Going to Sports Events	51.5%
10) Cycling	47.3%
11) Going to Concerts	47.3%
12) Going to Live Theatre	45.6%
13) Driving for Pleasure	42.0%
14) Swimming	41.4%
15) Camping	40.8%
16) Crafts, Drawing, Painting	40.2%
17) Picnicking	40.2%
18) Going to a Museum	39.6%
19) Dancing	39.6%
20) Golfing	37.9%

Source: Questionnaire Survey, 1993

activities reported in the thesis survey were not in the top 20 found by the Alberta survey. The reason for these differences is that these nine of the top 20 activities found by this thesis research were not even listed in the Alberta

Recreation Survey for people to indicate if applicable to them. Aside from these differences, however, the results were similar. The other 11 of the top 20 activities found by the thesis survey were also found to be in the top 20 most frequently reported activities in the province-wide survey.

Another question presented to respondents asked them how important it was they had a certain amount of leisure and recreation time. The vast majority (87%) of the respondents reported that having a certain amount of leisure and recreation time was 'important' or 'very important' to them. Only 12 percent or 21 of the 169 respondents reported having a certain amount of leisure and recreation time was 'somewhat important'. Only one person reported it was 'not at all important'.

When asked how much leisure time they actually get, only two of the 169 respondents indicated they 'do not get any'. Thirty-four percent or 58 people reported they 'do not get enough'. Thirty percent or 52 felt 'it bordered on not enough and enough'. Only 30 percent 'get enough'. Three percent reported they 'get more than enough'.

In response to being asked, 'How often do you get to do the things that you want to do in your free time?', three percent or five people reported 'never'. Just over half (58%) reported 'some of the time'. Thirty-four percent indicated 'most of the time'. Only three percent or six people stated 'always'.

The Percentage of People Who Feel their Leisure and Recreation are Constrained

In response to being asked 'Do you feel the amount of leisure time and/or the type of recreation activities that you can do are constrained (restricted or inhibited) in any way (in other words, do you feel that you have constraints or restrictions on your leisure time and the recreation activities that you can do)?', the majority of people (71.6%) responded 'yes'. Twenty-eight percent or 48 of the 169 respondents replied 'no'. As a check on the effectiveness of the questionnaire, these findings are consistent with findings of previous studies. For example, Kay and Jackson (1991) found 72 percent of respondents reported there were factors which prevented them from either doing things they wanted to do or doing things as frequently as they wanted to, in their leisure time. This is very close to the 71 percent found in this study.

The Relationship between the Reporting of Constraints and various Demographic and Socio-economic Variables

Cross-tabulation and Chi-square tests were conducted to see if any relationships existed between the various demographic or socio-economic characteristics of respondents and whether or not people reported they had constraints. This was done to determine if certain "types of people" report constraints more than others, and thus to further understand the constraints phenomenon. Chi-square tests (with a confidence level of 95%) showed that only one significant relationship existed. This factor was whether the respondent was married or not. A disproportionately large number of people who were not married reported they had no constraints to their leisure.

Chi-square tests also revealed that certain possible relationships were not significant. Variables that do not have a significant relationship with the reporting of constraints were gender, age, whether or not a person has children, income level, and how much a person enjoys their job. Basic analysis of just proportions revealed, however, that even though Chi-square did not show a significant relationship, there is still some tendency for people who do not have children to report they do not have constraints.

This was also the case for income level. When basic proportions were considered, two income levels had some abnormalities. Those who made between $70,000 and $90,000 were more likely to report not having constraints; yet those who made over $90,000 were much more likely to report having constraints. All other income levels showed expected proportions.

The fact that those who made over $90,000 were much more likely than other income groups to report having constraints (including lack of money as a constraint) can be related back to the Literature Review and the explanations provided for Kay and Jackson's (1991) and Shaw et al.'s (1991) recent research findings. It could be explained by the notion that the feeling of being constrained and the resultant reporting of constraints are relative to each individual and their background. Each individual's past experience formulates their motivations and desires. Different people, with different incomes, aspire to do different things and people report constraints on what they aspire or want to do. As such, people with more income get accustomed to certain activities and pursuits that cost more money. Hence, they expect to be able to do these more expensive activities, even when personal financial and free time conditions fluctuate. Moreover, higher income groups may have more opportunity for exposure to more or different activities. As a result, they obviously would perceive and be confronted with more, or different, constraints in order to do these activities. It is quite conceivable, then, the more opportunities a person or a socio-economic group perceives, the more constraints they could experience. This might explain why those respondents who made over $90,000 per year were more likely than other income groups to report having constraints (including lack of money as a constraint). In addition, people who make over $90,000 per year are usually employed in senior management or professional positions and, hence, often have less free time.

As such, they feel constrained in their leisure and recreation desires.

There were a number of variables whose relationships could not be tested for significance using Chi-square (because the percentage of cells or sub-groups produced by cross-tabulations with a frequency of less than five was greater than 20 percent). A few of these, nonetheless, showed relationships with the reporting of constraints, based on a basic comparison of proportions. These were education level, employment status, and type of household. There was some relationship between education level and the reporting of constraints. People with high school or a technical program as their highest level of education were more likely to report not having constraints. People with university education were more likely to report they have constraints. Those who had a college education had expected proportions of people who reported having versus not having constraints. Therefore, it appears that the higher an education level a person has, the more likely they are to report constraints. This may be because people with a higher education are aware of more opportunities and hence develop aspirations to do the opportunities; yet feel they cannot do them. As a result they feel constrained. It may also be a result of people with a higher education being able to express themselves better, or they feel more inclined to respond to such surveys. In addition, higher education is correlated with higher income. As noted previously, people with higher income levels are usually employed in senior management or professional positions and, hence, often have less free time.

General analysis of proportions also showed some relationship between the reporting of constraints and employment status. A higher than average percentage of people who work full-time reported having constraints. Self-employed and retired people had higher than expected percentages of people who reported they do not have constraints. The rest of the sample (those who were unemployed, casual status, part-time, homemaker or owner-operated) had expected percentages of people who reported having versus not having constraints. As for type of household, people who live 'single', 'as two or more unrelated single adults' or 'as two or more related adults' were more likely to report they do not have constraints. Those who live as a 'couple with children' were more likely to report they have constraints. This confirms the notion that single people are more likely to report not having constraints. Ironically, the head of a 'single parent family' was more likely to report having no constraints. This observation is limited, however. Only a few people reported being in a single parent family. Therefore, it is possible that the proportions used to make this observation were not representative.

In conclusion, there was only one significant relationship found between the reporting of constraints and any demographic or socio-economic variables. Only 'being married' had a significant relationship with the reporting of constraints. It was more likely that a socio-economic or demographic variable was shown not to have a significant relationship with the reporting of constraints. Variables that were shown not to have a significant relationship with the reporting of constraints were gender, age, whether or not a person has children, income level, and how much a person enjoys their job. Therefore, it seems, in general, "all types of people" feel constrained. All of the different types of socio-economic and demographic groups report constraints. This finding is consistent with Kay and Jackson's (1991) study which showed there were no significant differences (at a confidence level of 95 percent) between the various socio-economic groups identified in their study. They concluded that "a baseline of perceived constraint is universal".

The Types of Constraints that People Have

The 71.6 percent of respondents who reported that they had constraints to their leisure and recreation were also asked to indicate how significant different constraints were to them. Table 7 shows the different "importance" levels of the constraints listed in the questionnaire. Table 8 summarizes Table 7 by presenting the constraints in rank order of importance according to the percentage of "constrained respondents" that reported the constraint was at least 'somewhat important', 'important' or 'very important'.

Exact comparison of these results with the results of the two studies conducted on constraints in 1991 is not possible because different classifications of constraints were used in each study. A general comparison, nonetheless, shows that the results are very similar. The "top" five constraints found in this study are very similar to the "top" five found in both of these other studies. Of those presented in their checklist of nineteen different constraints, Kay and Jackson (1991) found 'financial', 'time (in general)', ' family commitments', 'work' and 'transport problems' to be the five most frequently reported constraints. Four of these are the same as what was found in this study. Similarly, of the eleven constraints in Shaw et al.'s (1991) checklist, they found 'lack of time because of work', 'no facilities nearby', 'low energy', 'requires too much 'self discipline' and 'costs too much' to be the five most frequently reported constraints. Three of these are the same as the results of this study, and the other two were not included in the list of constraints in the questionnaire used for this study.

Respondents were also asked to indicate how their leisure and recreation were constrained. People were asked to check off, from a list of five that was provided, the ways applicable to them. Table 9 shows the rank order of ways that respondents' leisure and recreation were constrained, and the

Table 7 The Percentage of Constrained Respondents who Reported Each Level of Importance for Different Constraints

Type of Constraint	Level of Importance			
	Not Important	Somewhat Important	Important	Very Important
No opportunity to take part close to home.	28.1 %	40.5 %	20.7 %	9.9 %
The recreation facilities or areas are overcrowded.	36.4 %	27.3 %	22.3 %	13.2 %
The cost of equipment, material and supplies.	19.0 %	25.6 %	25.6 %	28.9
My skills are not good enough.	47.9 %	37.2 %	9.1 %	5.0 %
I don't know where I can participate.	64.5 %	21.5 %	7.4 %	5.8 %
I don't have the physical abilities.	55.4 %	23.1 %	9.9 %	10.7 %
Admission fees or other charges for facilities or programs.	21.5 %	28.9 %	28.9 %	19.8 %
I am not at ease in social situations.	67.8 %	13.2 %	15.7 %	2.5 %
Cost of transportation.	62.8 %	16.5 %	11.6 %	8.3 %
Too busy with my work.	13.2 %	24.0 %	32.2 %	29.8 %
The recreation facilities or areas are poorly kept or maintained.	45.5 %	24.8 %	18.2 %	10.7 %

Lack of transportation.	77.7 %	10.7 %	5.8 %	5.0 %
I don't know where I can learn.	71.9 %	15.7 %	9.1 %	2.5 %
It is difficult to find others to participate with.	44.6 %	28.9 %	19.8 %	5.8 %
Too busy with my family.	19.8 %	21.5 %	25.6 %	32.2 %

Source: Questionnaire Survey, 1993

percentage of "constrained respondents" who reported each way. From Table 9 it is evident that people feel more constrained in terms of quantity than quality. The most predominant ways people were constrained were reported as being that they cannot participate as often as they would like, that they are unable to do activities that they once could, and that there are other activities they would like to try but cannot. Not being able to go to a preferred facility or area and not enjoying an activity as much as they otherwise might were also reported as ways people were constrained, but these were much less significant.

Table 8 The Importance of Different Constraints Reported by Respondents

Type of Constraint	The Percentage of "Constrained Respondents" that Reported it was At Least 'Somewhat Important'
1) Too busy with my work.	86.0 %
2) The cost of equipment, material and supplies.	80.1 %
3) Too busy with my family.	79.3 %
4) Admission fees or other charges for facilities and programs.	77.6 %
5) No opportunity to take part close to home.	71.1 %
6) The recreation facilities or areas are crowded.	62.8 %
7) It is difficult to find others to participate with.	54.5 %
8) The recreation facilities or areas are poorly kept or maintained.	53.7 %
9) My skills are not good enough.	51.3 %
10) I don't have the physical abilities.	43.7 %
11) Cost of transportation.	36.4 %
12) I don't know where I can participate.	34.7 %
13) I am not at ease in social situations.	31.4 %
14) I don't know where I can learn.	27.3 %
15) Lack of transportation.	21.5 %

Source: Questionnaire Survey, 1993

Table 9 How Respondents' Leisure and Recreation Were Constrained

How Respondents' Leisure and Recreation were Constrained	Percentage of "Constrained Respondents" who Indicated It
1) I cannot participate as often as I would like.	76.0 %
2) I have stopped doing activities that I did in the past, even though I would still like to do them.	57.0 %
3) There are activities that I would like to do, but can't.	51.2 %
4) I cannot go to the recreation facility or area that I would most prefer.	14.9 %
5) I do not enjoy activities as much as I might otherwise.	5.8 %

Source: Questionnaire Survey, 1993

The Percentage of People Who Make Efforts to Negotiate their Constraints

Of the 71 percent or 121 respondents who reported that they have constraints to their leisure time and recreation activity, 90 percent or 110 of them reported they try to overcome and work around constraints. The remainder (only 11 people) indicated they did not. In addition, a couple of people who did not report having constraints reported practising negotiation techniques.

The Relationship between the Reporting of the Negotiation of Constraints and Various Demographic and Socio-economic Variables

It was not possible in this study to use Chi-Square tests to determine if there were any statistically significant differences between the 'do' and 'do not' negotiate groups based on demographic and socio-economic variables. The reason for this was that the group which reported they 'do negotiate' constraints was such a large percentage of the respondents that it made the 'do not negotiate' group too small for Chi-square results to be meaningful.

However, there were a number of variables which, even though they could not be effectively tested for significance by Chi-square, showed apparent relationships based on a basic comparison of proportions. These findings should only be considered as initial indications, though. They definitely need to be verified by a larger sample group, since the 'do not negotiate' group in this study was small. First of all, the 'do not negotiate' group was made up of an abnormally high percentage of men. Secondly, the 'do not negotiate' group was made up of an abnormally high percentage of people who were married. The suggested relationship between the negotiation of constraints and whether or not a person is married is consistent with the statistical relationship found between the reporting of constraints and marriage status. As noted earlier, Chi-square tests (with a confidence level of 95%) showed that there was a significant relationship between whether or not a person was married and the reporting of constraints. A disproportionately large number of people who were not married reported they had no constraints to their leisure. Therefore, people who are married are more likely to report having constraints, and less likely to try to negotiate them. As such, people who are married are more likely to accept constraints that confront them as insurmountable and not able to be overcome or negotiated.

Thirdly, the 'do not negotiate' group was made up of an abnormally high percentage of people who had children. The suggested relationship between the negotiation of constraints and whether or not a person has children is consistent with the general tendency found between the reporting of constraints and whether or not a person has children. Even though Chi-square tests revealed that there was no statistically significant relationship between the reporting of constraints and whether or not a person has children, there was some relationship when one considered a basic comparison of proportions. There is a tendency for people who do not have children to report they do not have constraints. Therefore, similarly to marriage status, those who have children are more likely to report having constraints, yet less likely to report that they try to negotiate them.

Fourth, college or university educated (versus high school or technical program) people were more likely to report they do not try to negotiate constraints to their leisure and recreation. Again, this is consistent with the reporting of constraints. People with university education were more likely to report they have constraints. People with college education had expected proportions. People with high school or a technical program were more likely to report not having constraints. Therefore, people with university education were more likely to report having constraints, yet less likely to report they try to negotiate them. People with a higher education level may possibly be aware of more opportunities than those with lower education, hence have greater expectations and thus experience more constraints in trying to fulfil those expectations. In having these greater expectations and experiencing more self-perceived constraints in trying to fulfil the expectations, those with a higher education may, thus, feel more overwhelmed with the constraints and hence feel less likely they can overcome them.

Fifth, those who were employed full-time were also more likely to report they do not negotiate constraints. This is also consistent with the relationship between the reporting of constraints and employment status. People who work full-time had a higher than expected percentage of people who reported having constraints. Therefore, people who work full-time seem to be more likely to report having constraints, yet less likely to report that they try to negotiate them.

Finally, those who made over $90,000 per year were also more likely to report they do not try to negotiate constraints. This was also consistent with the relationship found between the reporting of constraints and income level. Those who made over $90,000 were much more likely to report having constraints. All other incomes levels showed expected or lower than expected proportions. Therefore, those who make over $90,000 are more likely to report that they have constraints, yet less likely to report negotiating them.

In summary, results of the Cross-Tabulations reveal that people who do not try to negotiate constraints are more likely to be men, those who are married, have children, work full-time, have a college or university education, and make over 90,000 dollars per year. Again, these findings are merely suggestive. They need to be verified by a larger sample group. Nonetheless, the characteristics of the people who tend to report having constraints yet not negotiate them seem to have a greater time constraint as a possible inherent "common denominator" (e.g. are married, have children, work full-time). Therefore, it seems that the more time constrained a person is, the more likely they are to report that they have constraints and the more likely they are to report not trying to (or being able to) overcome them. This is logical because the "root" of leisure and recreation is (just) having free time. This is evident in the fact that, of all the income categories, the people who are in the highest income category are the most likely to report having constraints and most likely to report that they do not try to overcome them. In other words, it does not necessarily matter as much as to how much money a person has, as to whether or not the person feels their leisure is constrained. The most important factor is that a person has free time.

The Types of Things that People Do to Negotiate Constraints

Table 10 shows the twenty-eight negotiation methods listed in the questionnaire to which people were asked to respond. They are presented in rank order of importance, based on the percentage of respondents who reported doing each. The percentages are of the people who indicated they negotiated constraints to their leisure and recreation. As can be seen, all of the 28 possible negotiation methods listed in the questionnaire were indicated by respondents. A couple were reported by the vast majority. Over half were reported by 30 to 60 percent of them. Even the least reported method was indicated by more than just one or two people. These figures show that significant negotiation efforts occur, and that many negotiation methods are very common.

In addition to the 28 negotiation methods listed in the questionnaire, respondents reported 23 other ways they try to overcome constraints to their leisure and recreation. These were reported in response to the open-ended question, 'Are there any other things that you do to try to overcome constraints on your leisure and recreation time?'. The additional negotiation methods reported are as follows:

29) I have given up smaller or silly dream-world pursuits to do more realistic attainable ones;
30) I try to get more sleep, in order to have more energy, so work, chores and maintenance activities get done quicker, and hence can have more leisure time;
31) I make sure work is completely done (e.g. will go to work a couple of hours on Saturday), so when I have free time it is higher quality and I can enjoy it more because I have no worries about what should be getting done;
32) I make maintenance time (e.g. doing chores, errands, shopping, etc.) more enjoyable, so at times they become leisure time;
33) I try to do things that appeal to more members of the family, so that the effort, time and money put forth to do activities can be enjoyed by more members of the family;

Table 10 The Importance of the Different Negotiation Methods that were Listed on the Questionnaire Reported by Respondents

Negotiation Method	The Percentage of "Negotiating Respondents" who Indicated the Method
1) I try to be organized.	87.5 %
2) I try to plan ahead for things.	87.5 %
3) I try to work my recreation and leisure time in around my commitments.	69.6 %
4) I try to budget my money.	57.1 %
5) I try to stay flexible and adaptable.	53.6 %
6) I set aside time for leisure and recreation.	46.4 %
7) I save up money to do certain things.	46.4 %
8) I prioritize what I want to do, and sometimes make free time a priority.	45.5 %
9) I get up earlier or stay up later, to have leisure or recreation time.	42.9 %
10) I sometimes substitute another activity for a preferred one.	42.9 %
11) I do things close to home more.	42.0 %
12) I try to teach my kids to be more responsible and help with things.	37.5 %
13) I try to learn new activities or improve my skills in others.	33.9 %
14) I have learned to live within my means.	33.0 %
15) I work hard during the time that I work so that I can have more free time.	32.1 %
16) I ask my spouse to share in the daily chores.	32.1 %

17) I eat in restaurants sometimes to save time.	31.3 %
18) I try to find people to do things with.	31.3 %
19) I sometimes just drop what I am doing in order to get free time.	29.5 %
20) I take turns with my spouse taking care of the kids, so that the other can have some free time.	29.5 %
21) I try to have a little more fun while working, when I'm not getting enough leisure time.	21.4 %
22) I am trying to get a better job.	20.5 %
23) We just make travel time part of the fun when distance could otherwise be a problem.	17.9 %
24) I have borrowed money to do things.	14.3 %
25) I have learned to participate despite a challenging injury or physical/health condition.	12.5 %
26) I utilize a babysitter sometimes to make free time.	11.6 %
27) I moved (or am planning to move) to a better location.	8.9 %
28) I arrange rides with friends.	7.1 %

Source: Questionnaire Survey, 1993

34) I use lunch times at work for leisure and recreation activity;
35) I take occasional weekend or overnight getaways just with my spouse and do not bring the children, in order to get some quality leisure time;
36) We sometimes spend the extra money in order to ensure quality leisure;
37) We plan ahead with other people, in order to be able to do group activities;
38) I make the extra effort (in planning, preparation and travel time) to assure quality leisure;
39) I will not allow anyone to interfere with what I want to do in my free time;
40) I take the weekend off of household chores to maximize leisure time during the weekend;

41) I take time off of work sometimes when I feel I need some leisure;
42) I try to keep a positive attitude;
43) I try to stay motivated;
44) I set goals;
45) I try to get my spouse to take time off of work so that I can have and enjoy leisure and recreation more;
46) I sometimes try to get someone to cover for me or take my shift or work for me, so I can take time off for leisure;
47) I put limits on the amount I work, so I get the free time I want;
48) I take jobs that I get some pleasure and recreation from;
49) I am very careful with my money and buying things, so I can have some money for recreation activities; I cut back on other areas of expenditure, and make recreation activities a priority for some of my money;
50) I just leave the housework sometimes and chores sometimes, in order to get leisure time; and,
51) I organize chores and errands efficiently to save time.

Of the additional negotiation methods listed above, three were reported twice. These were numbers 32, 33 and 38. The fact that 23 additional ways were reported by people shows that the list provided in the questionnaire was limited, and could have included many other possible negotiation methods. In all, respondents reported 51 different ways that they try to overcome or work around constraints to their leisure and recreation.

As a summary, Table 11 presents the 51 negotiation methods, organized by the type of constraint to which they refer. Some negotiation methods in this list could refer to more than one type of constraint; however, they are matched with the constraint to which each predominantly refers. In addition, not all types of constraints have negotiation methods "matched" with them in the table. These included 'the cost of equipment, material and supplies', 'admission fees or other charges for facilities and programs' and 'cost of transportation'. No respondents reported doing anything to try to overcome these specific types of financial constraints, despite them being indicated by respondents as among the more

Table 11 The Negotiation Methods Reported by Respondents Organized by the Type of Constraint They Relate To

Constraint	Negotiation Method
Too busy with my work.	I work hard during the time that I work, so that I can have more free time.
	I try to have a little more fun while working, when I'm not getting enough leisure time.
	We make sure work is completely done (e.g. will go to work a couple of hours on Saturday), so when we have free time it is higher quality and we can enjoy it more because we have no worries about what should be getting done.
	I sometimes take time off of work, when I feel I need some leisure.
	I try to get my spouse to take time off of work, so that I can have and enjoy leisure and recreation more.
	I sometimes try to get someone to cover for me or take my shift, so I can take time off for leisure.
	I put limits on the amount I work, so I get the free time I want.
	I take jobs that I get some pleasure and recreation from.
Also: - Housework & chores.	I ask my spouse to share in the daily chores.
	I make maintenance time (e.g. doing chores, errands, shopping, etc.) more enjoyable, so at times they become leisure time.
	I take the weekend off of household chores to maximize leisure time during the weekend.
	I just leave the housework and chores sometimes, in order to get leisure time.
	I organize chores and errands efficiently to save time.

Too busy with my family.	
Also: - Children	I try to teach my kids to be more responsible and help with things.
	I take turns with my spouse taking care of the kids, so that the other can have some free time.
	I sometimes utilize a babysitter to make free time.
	I take occasional weekend or overnight getaways just with my spouse and do not bring the children, in order to get some quality leisure time.
- Time in general (a combination of different time constraints)	I try to be organized.
	I try to plan ahead for things.
	I try to work my recreation and leisure time in around my commitments.
	I try to stay flexible and adaptable.
	I set aside time for leisure and recreation.
	I prioritize what I want to do, and sometimes make free time a priority.
	I get up earlier or stay up later to have leisure or recreation time.
	I do more things close to home.
	I eat in restaurants sometimes to save time.
	I sometimes just drop what I am doing and take free time, if I need it.
	We just make travel time part of the fun when distance could otherwise be a problem.
	I try to get more sleep, in order to have more energy, so work, chores and maintenance activities get done quicker, and hence can have more leisure time.

	I try to do things that appeal to more members of the family, so that the effort, time and money put forth to do activities can be enjoyed by more members of the family.
	I use lunch times at work for leisure and recreation activity.
	I sometimes spend the extra money, in order to ensure quality leisure.
	We plan ahead with other people, in order to be able to do group activities.
	I make the extra effort (in planning, preparation and travel time), to assure quality leisure.
	I will not allow anyone to interfere with what I want to do in my free time.
	I try to stay motivated.
	I set goals.
The cost of equipment, material and supplies.	
Admission fees or other charges for facilities and programs.	
Cost of transportation.	
Lack of transportation.	I arrange rides with friends.
Also: - money in general (a combination of different financial constraints.)	I try to budget my money.
	I save up money to do certain things.
	I sometimes substitute another activity for a preferred one.
	I have learned to live within my means.
	I am trying to get a better job.
	I have borrowed money to do things.

	I have given up smaller or silly dream-world pursuits to do more realistic attainable ones.
	I try to keep a positive attitude.
	I am very careful with my money and buying things, so I can have some money for recreation activities; I cut back on other areas of expenditure, and make recreation activities a priority for some of my money.
No opportunity to take part close to home.	I moved (or am planning to move) to a better location.
It is difficult to find others to participate with.	I try to find people to do things with.
The recreation facilities or areas are crowded.	
The recreation facilities or areas are poorly kept or maintained.	
My skills are not good enough.	I try to learn new activities or improve my skills in others.
I don't have the physical abilities.	I have learned to participate despite a challenging injury or physical/health condition.
I don't know where I can participate.	
I am not at ease in social situations.	
I don't know where I can learn.	

Source: Questionnaire Survey, 1993

important constraints listed on the questionnaire. People did, however, report a number of ways they try to overcome financial constraints in general. This appears to have been because when it comes to money constraints people deal with it as a whole. Many people do have ways they negotiate specific types of financial constraints (i.e. of equipment, admission charges, and transportation), but these specifics were not thought of in completing the questionnaire. One can conceive of many examples of how people do negotiate specific types of financial constraints. To overcome transportation costs, people get rides with others or take the bus instead of having their own car. To negotiate admission prices, many people go to "second round" movie theatres that only charge $2.00 or $3.00 dollars for admission, instead of the high-priced $7.00 movie theatres. Many people wait for end-of-season or Boxing Day sales, or buy used goods, to overcome the cost of equipment as a constraint. Therefore, even though there are many examples of how people do negotiate specific financial constraints, respondents appear to have approached these questions in more general terms. The other constraints not addressed by negotiation methods were 'the recreation facilities or areas are crowded', 'the recreation facilities or areas are poorly kept or maintained', 'I don't know where I can participate', and 'I don't know where I can learn'.

There were also a number of negotiation methods reported that did not match any of the constraints listed in the questionnaire. This was a result of the additional negotiation methods provided, in response to the open-ended question. In these cases, additional constraints were noted in the table in order to show to what they refer. The additional constraints added were 'housework and chores', 'having children', 'time in general', and 'money in general'. When respondents' comments regarding time and financial constraints did not refer to particular types of time constraints (e.g. work, children, housework) or financial constraints (e.g. cost of equipment, admission fees, transportation), they were matched with the constraints 'time in general' and 'money in general'.

The average number of negotiation methods or techniques reported by respondents was ten. This number ranged from one to 23. Of the 51 different negotiation methods reported, the majority (37) of them addressed time as a constraint. This included addressing specific types of time constraint (e.g. work, housework & chores, having children) as well as time in general. Therefore, people's negotiation efforts are mostly in regards to time as a constraint. Nine of the remaining 14 negotiation methods addressed 'money in general' as a constraint. Only a few other types of constraints were minimally addressed. The constraints of 'lack of transportation', 'no opportunity close to home', 'no one to do things with', 'inadequate skill level' and 'inadequate physical abilities' all had one negotiation method in relation to them. In all, Tables 10 and 11 show that there are certain types of negotiation methods that people commonly use to try to overcome particular types of constraints.

An Analysis of the Types of Negotiation Methods Reported

Of the 51 negotiation methods reported by people, only a few were based on psychological adjustment or readjustment, or the changing of expectations. One person reported he or she "had given up smaller or silly dream-world pursuits to do more realistic attainable ones". Another person reported just trying to keep a positive attitude. This comment could have been in reference to many things; but it shows, nonetheless, that this person is considering the specific psychological or "mind-frame" dimension of dealing with constraints. Another person stated she or he tries to be realistic about what can be done, and are changing their expectations and priorities accordingly.

The appearance of these few psychologically based methods of dealing with constraints are in contrast to the fact that most of the negotiation methods reported were action-based, physical efforts. Most of them involved trying to do more. Some involved small modifications to what they were already doing; but other efforts were quite substantial actions. One respondent said she takes parenting courses to learn how to better manage her children so that she can get some free time. Another person stated she takes turns with a friend looking after each other's children so that each can get some free time. One person stated he moved to a house and property that takes less time to maintain, so he could get more free time. Another person reported she plans less elaborate meals and pre-makes much food to create more free time on days when leisure time is wanted.

Many of the negotiation methods people reported seem to be normal actions or reactions, and would be expected of them in the situation. These included, for example, trying to be organized, planning ahead for things, and trying to work their leisure and recreation time in around their commitments. Some other methods, however, are more involved and creative. One respondent reported she "goes to great lengths" to teach her kids to be self-sufficient and independent so that she can go out and do some recreation activities when she wants. A couple of respondents stated that they eat in restaurants quite often specifically to save time so that they can have some free time. Another person's theory is that they try to get a little more sleep than what might be considered average, so that they have more energy to get work and chores done quicker; and so that, in the end, they will have more free time. Another respondent stated they have changed their leisure time pursuits somewhat in order to do things that appeal to more members of the family, so that the effort, time and money put forth to do activities can be enjoyed by more members of the family.

Many negotiation efforts reported were based on the idea of doing more planning and organizing. In addition to very general references to planning and organizing, there were some specific comments made. One person reported they organize chores and errands more efficiently to save time. Another person stated they make the extra effort in planning and preparation in order to ensure quality leisure time.

Many negotiation efforts reported involved simply making leisure a higher priority than work. One respondent reported they take time off work sometimes to get the leisure they feel they need. Another gets someone to "cover for them" at work, so they can take some time off for leisure. Another stated they simply put limits on the amount they are willing to work, so that they get the free time they want. Similarly, in response to housework being a constraint, many people report they make housework a lower priority in order to get some free time sometimes.

Some efforts of respondents to negotiate their constraints involved the mixing of work and leisure or recreation. For example, one respondent reported they try to have a little more fun while working, when not getting enough leisure time. Another reported they take jobs from which they get some pleasure and recreation. Another person tries to make maintenance time such as doing chores and errands more enjoyable so at times they become leisure time.

In all, it appears that most people deal with their constraints by physical action, versus passive or psychological means. They appear to deal with their constraints by putting forth more effort and trying to do more.

People's Success in Trying to Negotiate Constraints

Of the respondents who reported they try to overcome constraints to their leisure and recreation, only five percent reported they were 'not at all successful' in overcoming them. Sixty-one percent reported they were 'somewhat successful', and 33 percent 'mostly successful'. Not one person reported they were 'totally successful'. This is logical because if someone was totally successful, then the factors the respondent reported as constraints would really not be constraints. It seems possible, however, that a person could experience constraints yet be fully successful in negotiating around them. Therefore, the fact that not one person reported they were totally successful in overcoming their constraints indicates that people constantly experience constraints, and are always in some state of "negotiation" of them.

CHAPTER V

CONCLUSIONS

Findings of the Study

In the literature review, the terms 'leisure', 'recreation' and 'constraints to leisure and recreation' were defined for the purposes of this research. It was shown that a considerable amount of research has been conducted on the issue of constraints to people's leisure time and recreation activity. It was further noted that recent research on constraints shows that when people report higher levels of constraints it does not necessarily mean they will report lower levels of leisure time and recreation activity. It was found that there is not the expected negative relationship between the reporting of constraints and the reporting of leisure time activity. A number of explanations offered by researchers for this lack of a negative relationship were presented. One of these explanations was the 'constraints negotiation' proposition. This explanation proposed that the unexpected relationship can be explained by the notion that when people encounter constraints to their leisure, they try to overcome (negotiate) them in order to attain or maintain desired leisure and recreation levels. Often they are successful to varying degrees. As such, these people, who when they encounter constraints overcome them to varying degrees, will (on a survey questionnaire) both report the constraints that they experienced (yet overcome) as well as the recreation activity that they managed to engage in.

In the literature review, previous research was also critically reviewed, not as a further listing of references, but as an analysis of what is known and how that knowledge is limited or contains contradictions. From this review, it was clear that there are some definitional and ambiguity problems in the study of constraints to leisure. These have resulted in problems in analysis, and allowed for great leaps of logic. This is clearly evident in the proposition by a couple of researchers that an increase in constraints (real/actual) does not mean a decrease or otherwise negative effect on a person's leisure time and recreation activity. The recent empirical findings do show, however, that contrary to what might be expected, levels of self-perceived and self-reported constraints are not good predictors of actual leisure activity. By definition, this is quite different from the relationship between actual (real) constraints and leisure, however.

In the end, the 'negotiation proposition' seemed to warrant further investigation, in trying to explain why there is not a negative relationship between the reporting of constraints by people and their leisure activity. This proposition appeared to be a good possible explanation and, hence, was chosen for examination in this research. In this study, the "negotiation proposition" was tested.

It could be hoped that one study could be definitive; but given the time and financial context in which the present research was conducted, such a scale was not realistic. It was intended, however, that the research reported here would help provide a better understanding and, more importantly, a heightened appreciation, of the effects of constraints on people's leisure. It was intended that this research would show what people experience in trying to either attain or maintain the leisure time and recreation activity they desire. In particular, this thesis was designed to produce empirical findings to show if people feel they have "constraints" to their leisure and recreation, what the constraints are, and whether or not people actively try to overcome or "work around" their constraints. The "negotiation proposition" recently appearing in the academic literature on leisure and constraints argues that people try to overcome constraints in order to either attain or maintain the leisure and recreation they desire. The particular focus of this research was to determine if the proposed negotiation phenomenon actually exists in day-to-day life, to what extent, and what types of things people actually do to try to overcome or work around constraints.

To try to achieve these goals, the following specific objectives were set for this research:

1) to confirm that people do relate to the notion of constraints to leisure and do express themselves as having constraints to their leisure and recreation;
2) to determine if there are any particular demographic or socio-economic groups which report more than other groups that they have constraints;
3) to establish by empirical research that people actively try to overcome constraints to their leisure and recreation (Does the empirical research support the "negotiation proposition"?);
4) to determine if there are any particular demographic or socio-economic groups which report more than other groups that they try to negotiate constraints; and,
5) to identify common, everyday efforts that people make in order to try to overcome, "work around" or 'negotiate' constraints to their leisure.

It was hypothesized that people do relate to the notion of constraints and will express themselves as having constraints to their leisure and recreation. It was also hypothesized that people do try to work around some of their constraints, and that there are some common techniques or strategies they use in their efforts to negotiate the constraints they experience.

To date, there had been no empirical study that focused specifically on the issue of "constraints negotiation". The idea had just recently appeared in the literature. It was proposed as an explanation to the research finding that an increased level of reported constraints does not necessarily mean a decreased level of leisure and recreation activity. As a result, it was felt that an exploratory-oriented research design, utilizing a primarily qualitative investigation would be the most appropriate approach, given the novelty of the topic. In the end, the two-stage, qualitative-quantitative research strategy was developed to reach the goals. It entailed the following:

1) conducting a small-scale qualitative study using in-depth interviews with a small number of people; and,
2) with the intent of being able to make more widely applicable generalizations, a questionnaire was developed with the help of the results of the interviews. The interviews established that people do in fact try to overcome constraints to their leisure and recreation, and produced a list of ways people try to do this. The list of negotiation techniques or strategies was used to develop the most important question of the survey, the one regarding the negotiation of constraints. This questionnaire was administered to a sample cross-section of the general population in Edmonton.

The results of the research are offered here as being both a contribution to explanation and an appreciation of people's experience of constraints to leisure. The implications of this research will then be presented.

Addressing the five specific objectives that were set, the following conclusions have been made from this research:

1) Most people feel that having a certain amount of leisure and recreation time is important. People do relate to the notion of constraints to leisure and recreation. The majority of people (71 %) feel they have constraints to their leisure and recreation, and feel their leisure and recreation is constrained. The most frequently reported types of constraints are time and money. The most frequently reported time constraints are work and family (including children and housework);
2) Of all the demographic and socio-economic characteristics of respondents, only one had a statistically significant relationship with the reporting of constraints. A disproportionately large number of people who were not married reported they had no constraints to their leisure. Gender, age, education level, employment status, income level, whether or not a person has children, and how much a person enjoys their job, were shown to not have a significant relationship with the reporting of constraints. In general, all demographic and socio-economic groups similarly reported having constraints;

3) Most of the people (90 %) who report having constraints try to overcome or "work around" them, in order to either attain or maintain their desired leisure and recreation;

4) In this study, no statistically significant relationships were found between any demographic or socio-economic variables and the reporting of negotiation. It appears that the negotiation of constraints to leisure and recreation is universal; but it was concluded that a much larger survey (sample size) is required to confirm this notion;

5) There are many different ways that people try to overcome or work around the constraints to their leisure and recreation; respondents reported 51 different ways. The average number of negotiation methods that respondents reported using was ten, and ranged from one to 23. Some of the types of negotiation methods that people use are fairly common practices. The most common types of efforts were based on efficient organizing and planning.

The five specific objectives that were set for this research were met. Nothing was found in this study which refutes past research. This study supports earlier research (e.g. Shaw et al., 1991; Kay & Jackson, 1991) which indicates that "all types of people" report they have constraints to their leisure and recreation. As one would expect, it shows that reported constraints (self-perceived constraints) are relative and contextual. People report constraints relative to their particular circumstances and experience. The constraints that people perceive, and hence experience and report, are directly related to each individual's past experience, their desires, motivations, ambitions, expectations, and perceived benefits. This is shown by the fact that even though people vary so greatly in their socio-economic situations and demographic characteristics, everyone reports a similar number of and similar types of constraints to their leisure and recreation. As has been suggested in past studies, "a baseline of perceived constraint is universal"(Kay & Jackson, 1991).

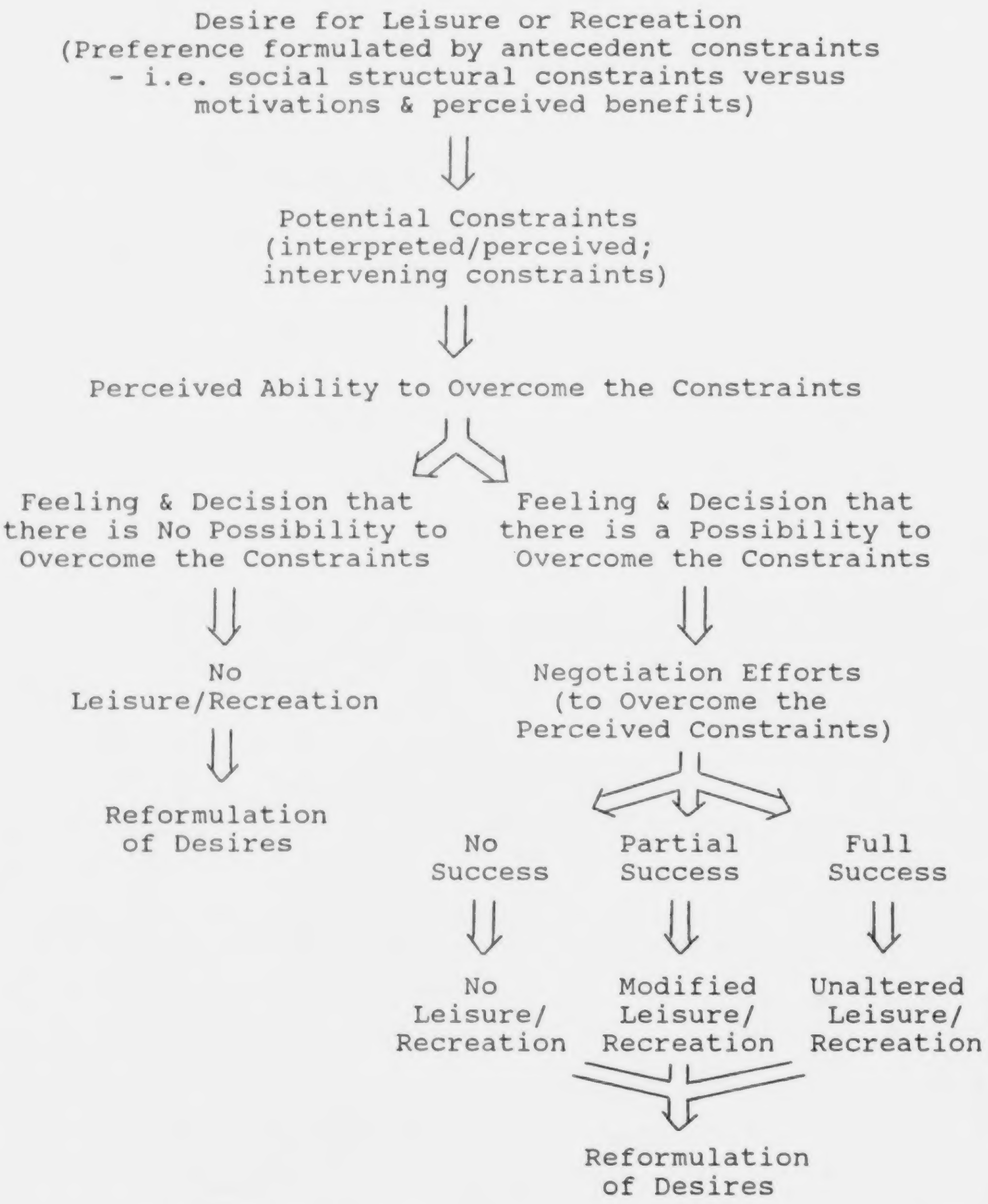
The potential difference between perceived (self-reported) constraints and actual constraints should still be clearly distinguished, however. Even though people who vary so greatly in their socio-economic and demographic characteristics will report similar types (e.g. lack of money, and lack of time) and numbers of constraints, social structural characteristics (e.g. income, occupational status, age, and gender) have been shown to indeed be related to actual leisure activity levels (Shaw et al., 1991). Hence, it is very important in research to differentiate the relationship between self-perceived, self-reported constraints and leisure activity, from the relationship between actual, real constraints as determined by social structural characteristics (socio-economic and demographic characteristics) and leisure activity. All people will report similar "levels" of constraint, even though they have very different socio-economic and demographic characteristics. It is valuable to know the relationship between self-perceived, self-reported constraints and leisure activity, to understand how people feel. It is a good insight into human behaviour, and a contribution to the study of it. However, it is important to know that the measuring of "constraint" to leisure and recreation merely by accounting for the number of constraints that people report on a survey questionnaire (with its numerous pre-set response categories for people to "check off" at will) can give a false impression as to the basic nature of constraints.

Many possible reasons for there being a lack of a negative relationship between reported constraints and leisure activity were presented in the Literature Review, one of these being the 'negotiation proposition'. The findings of this study revealed that negotiating constraints to leisure is universal. Ninety percent of the people who reported they have constraints reported they try to negotiate them. Therefore, this research shows that all types of people try to negotiate their constraints. Hence, this research found that the negotiation of constraints is what most people go through in order to attain or maintain some of the leisure and recreation they desire. As Jackson et al. (1993) suggested, the notion of the negotiation of constraints helps explain the recent unexpected findings about the lack of an inverse relationship between the reporting of constraints and leisure activity. The unexpected relationship can be explained, at least partially, by the notion that when people encounter constraints to their leisure, they try to overcome (negotiate) them in order to attain or maintain desired leisure and recreation levels. Often they are successful to varying degrees. As such, these people, who when they encounter constraints overcome them to varying degrees, will (on a survey questionnaire) both report the constraints that they experienced (yet overcome) as well as the recreation activity that they managed to engage in. This phenomenon can be seen as part of the reason why the lack of a negative relationship was found. As noted, other explanations that could also help account for it were presented in the Literature Review.

Given the fact that the empirical research to date, including this study, supports the notion of 'constraints negotiation', the following model is proposed to illustrate the negotiation phenomena (Figure 3). It is derived from consideration of the related literature and the results of this study. The model shows that when people have a leisure desire, they may encounter constraints in trying to fulfil it. As a result, in order to attain their preference, they must try to negotiate the constraints. Sometimes they feel they cannot overcome them, so they give in to the fact that their present leisure desire cannot be fulfilled. In turn, they may adjust their wants to what may be possible in their situation. On the other hand, if in the experience of constraints a person feels they may be able to overcome them, they will make efforts to negotiate them. Their resultant negotiation efforts may not be successful, and hence they do not achieve any of the leisure they desire. If they are partially successful, which is probably the most common

Figure 3

Model of Constraints Negotiation in the Desire for Leisure or Recreation


Desire for Leisure or Recreation
(Preference formulated by antecedent constraints - i.e. social structural constraints versus motivations & perceived benefits)
Potential Constraints
(interpreted/perceived; intervening constraints)
Perceived Ability to Overcome the Constraints
Feeling & Decision that there is No Possibility to Overcome the Constraints
Feeling & Decision that there is a Possibility to Overcome the Constraints
No Leisure/Recreation
Negotiation Efforts (to Overcome the Perceived Constraints)
Reformulation of Desires
No Success
Partial Success
Full Success
No Leisure/ Recreation
Modified Leisure/ Recreation
Unaltered Leisure/ Recreation
Reformulation of Desires

scenario, they will attain part of the quantity or quality of leisure they desire. If fully successful, their leisure is optimum and their desires fulfilled.

This model could be seen in conjunction to a 'Basic Model of the Experience of Constraints', as outlined in the literature review. The model could be used by researchers and planners to aid in the conceptualization of the effect of constraints. It shows what people go through to attain the leisure time and recreation activity they want. It not only shows that between desire and leisure are constraints, but between the experience of constraints and the attainment of leisure is a process of constraints negotiation. This conceptualization also shows both the decision-making process of whether or not a person feels she or he can overcome the constraints being experienced, as well as the different levels of negotiation success and the resultant "level" of leisure attained.

For leisure and recreation service providers, whether public or private, it is hoped that the results of this research will help provide a better understanding of the effects of constraints on people's leisure, and what people go through to attain or maintain the leisure they desire. In particular, knowledge of the common, everyday efforts that people make in order to try to overcome or work around constraints could be used in the planning and provision of leisure and recreation services as providers help people overcome some of their constraints. This may help to better provide services and attract people to facilities. For example, organizations and businesses could attract customers and build better customer relations by informing them they understand what they have to go through to achieve the leisure time and recreation activity they desire. By knowing that having children is one of the most commonly reported constraints and that parents make efforts to get free time by trying to find babysitters or taking turns with other parents in looking after each other's children, businesses could try to accommodate parents by establishing or improving their programs and facilities for child care. They could establish a parent's club, whereby they take turns looking after each other's children in a room or facility provided by the business. The organization could post lists of professional babysitters that have good reputations and references. These types of efforts would all serve to better identify with the customers, let them know that the organization understands what their customers go through to get free time, and to help make the free time their customers need to use their facility or program.

Limitations of this Research

Even though this research produced some insightful results, there are many things that could have been done to improve its effectiveness. A number of theoretical and methodological limitations can be identified.

Theoretical & Philosophical Limitations

What is termed 'leisure' and 'recreation' is of great importance to many people. It could even be considered essential for a variety of reasons, as shown in the literature review. The response of people to constraints in relation to their desire for leisure and recreation could be expressed as much as adaptations or survival responses as it could be by an overly simplified analysis of human behaviour as indicated by the term "negotiation". Human behaviour and people's reaction or response to obstacles are not always as logical or rational as positivistic views and terminology depicts them. This research (and most research on constraints to leisure) is a simplified conceptualization of the issues regarding leisure and constraints to leisure. It does not accurately reflect the range and diversity of thinking and people in our society - the cultural range, the religious range, the poor (e.g. the 91 % of the low income respondents who did not complete the questionnaire for this research), or anyone that does not subscribe to a work-leisure dichotomy.

Leisure and recreation as is commonly studied may not be meaningful or important concepts to some people. Some people may hold no real distinction between work, the activities necessary for survival and comfort, and what is referred to as leisure and recreation. This may even be the case for people within our own culture. For people whose "life's love" is their "work", who love and live their job (e.g. artists, musicians, writers, professional athletes, performers, professional sportsman, farmers, commercial fishermen, whatever), whose work and play are one, the conceptions of leisure and recreation may not have any significance for them (e.g. Moorhouse, 1989; Parker, 1973).

The ideas of work and leisure could be considered to come very much from and imposed on people's thinking from the capitalistic influences shaping our society. The Protestant work ethic views work as the main purpose of life, and the role of recreation as literally to re-create the individual so that work can be better performed. If people do not subscribe to mainstream capitalistic life, they may not really feel the concepts of leisure and recreation are meaningful to them. Rojek (1989) noted that leisure and recreation could very much be considered by some as "the inevitable consequence of the logic of industrialization"(p. 71). In summary, the conceptions of leisure and recreation could just be considered a philosophy, one philosophy of many possible philosophies, of what life involves. Such positivistic research and thinking imposes something on people which they may or may not perceive or believe.

Limitations of the Research Methods Used

Generally, the methods used for the present research followed the same path as most of the other research on leisure and constraints, and hence contains the same limitations. It relied on the use of a questionnaire survey, which in the embryo stages of research on an aspect of human behaviour, is premature and often forces the issue in the way the researcher wants to look at it. This study has confirmed the need, expressed by other researchers, to conduct research at a qualitative level (i.e. such as using ethnographic techniques). The topic is too personal and too relative to each individual's circumstances to lend itself to formal questionnaire techniques and statistical analysis based on these. It is clear that the topic is multi-faceted and complex. This research should have been based on a significant number of well-planned and intuitively conducted in-depth interviews, and not a naively developed questionnaire survey. Some basic foundation of understanding and context of this aspect of human behaviour needed to be established before an effective and meaningful questionnaire survey could have been done. This criticism is consistent with the many researchers who are promoting the use of psychological, phenomenological and experiential perspectives, in conjunction with qualitative methods, to study issues related to constraints to leisure.

Both during and after the interviewing stage of this research, it was strongly felt that the interviews provided the most accurate and meaningful results. The couple of interview respondents who also completed a questionnaire in the pre-test also felt that the interviews dealt with the issue much better than the questionnaire. These feelings were expressed without any prompting from the researcher. Other respondents to the pre-test of the questionnaire also felt that the questionnaire treated the issue overly superficially.

Suggestions for Future Research

Much research conducted in this field is forced (i.e. by the approaches of the researcher), in the sense that responses are expected from predetermined questionnaires. It does not effectively solicit reality. Researchers in this area need to be cautious about what they "jump" to assume and state. This has not historically been the case. The use of a questionnaire survey was really quite premature in the study of this phenomenon being called 'the negotiation of constraints'. More exploratory research, based on a significant number of in-depth interviews, still needs to be conducted to establish a solid foundation from which to undertake questionnaire surveys. If not, it is really just the researcher creating data, which in many cases, does not accurately portray what is truly happening. Future research on the negotiation of constraints to leisure could include determining what "types of people" do and do not negotiate constraints, the reasons that some people do not try to negotiate constraints, what other negotiation techniques are commonly used, and if certain types of people use certain types of negotiation strategies. Whether or not people are consistent in their negotiation efforts and what methods people feel are effective or not effective are additional areas that should be examined.

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APPENDICES

Appendix A: The Interview Outline

Introduction

- State the topic of the discussion (again).

Lead-In Questions

- What do you do for a living? Are you married? Do you have any kids?
- What kinds of things do you like to do in your free time?
- (When, where and with whom do you like to do these things?)
- Do you value your free time? Why (or why not)? (Is having a certain amount of free time per day or per week important to you? Or are other things more important to you than having free time? Are your free time activities important to you?)

General Constraints Questions

- Do you feel that you get enough free time? Explain.
- Do you get to do the types of things you like to in your free time? Explain.
- How are your free time activities constrained or affected by the constraints you mentioned?
  (e.g. 1) Is the frequency of your participation limited to a level less than you would like?
  2) Are there activities that you would like to do, but can't?
  (Do you find that there are constraints on your leisure that actually prevent you from participating in activities that you would like to do?)
  3) Is your enjoyment/satisfaction limited somehow?
  4) Have you ceased former activities because of certain constraints?
  5) Have you had to stop or cannot use the facility you most prefer?
  6) others?
- What are some of the activities that you experience constraints in doing?

Main Constraints Questions

- What are the main constraints or factors that inhibit the quantity or quality of your free time?
- Do you find that proximity to or distance from an activity area or facility is ever an important factor or consideration in determining whether or not you participate in some preferred activity?

Negotiation Questions

- Do you find that you can partially or fully overcome any of the constraints that you experience? Thinking about your present free-time activities, are there some that you manage to do despite constraints?
- What are the activities?
- What are the constraints?
- How do you overcome them? What types of things do you do to overcome them?

Concluding Questions

- Is there anything else that you would like to add regarding anything that you or we have discussed?

Appendix B: The Questionnaire

WHAT DO YOU DO IN YOUR FREE TIME?

A SURVEY OF EDMONTONIANS

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THIS FIRST GROUP OF QUESTIONS ASKS ABOUT YOUR CURRENT LEISURE AND RECREATION INTERESTS.

Q-1 What do you do in your free time? (Using the following list as a reference, please circle the numbers beside *all* the activities in which you have participated *during the last year.*)

1 AEROBICS
2 ARCHERY
3 AUTO CLUB, RALLYING, RACING
4 BADMINTON
5 BALL HOCKEY
6 BASEBALL
7 BASKETBALL
8 BILLIARDS
9 BINGO
10 BIRD WATCHING, FEEDING
11 BOWLING
12 BUILDING & REPAIRING, SHOP WORK
13 CAMPING
14 CANOEING
15 CARDS, BOARD GAMES (CHESS, CHECKERS, ETC)
16 CRAFTS, DRAWING, PAINTING
17 CRICKET
18 CROSS-COUNTRY SKIING
19 CURLING
20 CYCLING
21 DANCING
22 DARTS
23 DOWNHILL SKIING
24 DRIVING FOR PLEASURE
25 EDUCATIONAL COURSES
26 FISHING
27 FOOTBALL
28 GOING TO AN ART GALLERY
29 GOING TO CONCERTS

30 GOING TO LIVE THEATRE
31 GOING TO THE MOVIES
32 GOING TO A MUSEUM
33 GOING TO SPORTS EVENTS
34 GOLFING
35 HIKING, BACKPACKING
36 HORSEBACK RIDING
37 HUNTING
38 ICE HOCKEY
39 ICE SKATING
40 JOGGING, RUNNING
41 KAYAKING
42 KNITTING, NEEDLE WORK
43 LACROSSE
44 LISTENING TO MUSIC
45 MARTIAL ARTS (KARATE, JUDO, ETC)
46 MOTORCYCLING, MOTOCROSS, ATV
47 MOUNTAINEERING, ROCK CLIMBING
48 NATURE WALKS, NATURE STUDY
49 PLAYING A MUSICAL INSTRUMENT
50 PHOTOGRAPHY
51 PICNICKING
52 POWER BOATING
53 READING
54 RINGETTE
55 ROLLERBLADING/SKATING
56 RUGBY
57 SAILING
58 SCUBA DIVING
59 SHOOTING (TARGET/SKEET/TRAP)
60 SNOWMOBILING
61 SOCCER

62 SOCIALIZING AT CLUBS, BARS
63 SQUASH, RACQUETBALL
64 SWIMMING
65 TENNIS
66 TOBOGGANING
67 TRAVELLING
68 VISITING WITH FRIENDS, FAMILY
69 VOLLEYBALL
70 WALKING FOR PLEASURE
71 WATCHING TV, MOVIES, VIDEOS
72 WEIGHTLIFTING, BODYBUILDING
73 WINDSURFING, WATER SKIING
74 OTHER (PLEASE SPECIFY) ____________________

Q-2 How important to you is having a certain amount of leisure and recreation time? (Please circle *one* number.)

1 NOT AT ALL IMPORTANT
2 SOMEWHAT IMPORTANT
3 IMPORTANT
4 VERY IMPORTANT

Q-3 How do you feel about the amount of leisure and recreation time that you currently get? (Please circle *one* number.)

1 I DON'T GET ANY
2 I DON'T GET ENOUGH
3 IT BORDERS ON NOT ENOUGH AND ENOUGH
4 I GET ENOUGH
5 I GET MORE THAN ENOUGH

Q-4 How often do you get to do the things that you want to do in your free time? (Please circle *one* number.)

1 NEVER
2 SOME OF THE TIME
3 MOST OF THE TIME
4 ALWAYS

THIS NEXT GROUP OF QUESTIONS IS ABOUT YOUR FAMILY AND LEISURE TIME.

Q-5 Do you have children? (Circle number.)

1 YES (PLEASE ANSWER QUESTION 6)

2 NO (SKIP TO QUESTION 8)

Q-6 What are their ages? (Please write in the ages of *all* your children *up to the age of 18.*)

______ ______

______ ______

______ ______

Q-7 How do you feel about the time you spend with your children? Do you consider it mostly family maintenance, mostly leisure, or a combination of both? (Please circle *one* number.)

1 MOSTLY FAMILY MAINTENANCE

2 MOSTLY LEISURE

3 A COMBINATION OF FAMILY MAINTENANCE AND LEISURE

Q-8 Do you have a spouse? (Circle number.)

1 YES (PLEASE ANSWER QUESTIONS 9 AND 10)

2 NO (SKIP TO QUESTION 11)

Q-9 How do you feel about the time you spend doing activities with your spouse? Do you consider it mostly relationship maintenance, mostly leisure, or a combination of both? (Please circle *one* number.)

1 MOSTLY RELATIONSHIP MAINTENANCE

2 MOSTLY LEISURE

3 A COMBINATION OF RELATIONSHIP MAINTENANCE AND LEISURE

Q-10 How much leisure and recreation time do you feel you have compared to your spouse? (Please circle *one* number.)

1 MORE

2 ABOUT THE SAME

3 LESS

THE NEXT GROUP OF QUESTIONS ASKS ABOUT ANY CONSTRAINTS (RESTRICTIONS) THAT YOU MIGHT HAVE ON YOUR LEISURE TIME AND ON YOUR FREEDOM TO DO WHAT YOU WANT FOR RECREATION.

Q-11 Do you feel that the amount of leisure time and/or the type of recreation activities that you can do are constrained (restricted or inhibited) in any way? In other words, do you feel that you have constraints or restrictions on your leisure time and the recreation activities that you can do? (Circle number.)

1 NO (SKIP TO QUESTION 18)

2 YES (PLEASE ANSWER QUESTIONS 12 THROUGH 17)

Q-12 In what ways are your leisure and recreation pursuits constrained? (Please circle *all* the numbers that apply to you.)

1 I CANNOT PARTICIPATE AS OFTEN AS I WOULD LIKE

2 THERE ARE ACTIVITIES THAT I WOULD LIKE TO DO, BUT CAN'T

3 I HAVE STOPPED DOING ACTIVITIES THAT I DID IN THE PAST, EVEN THOUGH I WOULD STILL LIKE TO DO THEM

4 I CANNOT GO TO THE RECREATIONAL AREA OR FACILITY THAT I WOULD MOST PREFER

5 I DO NOT ENJOY ACTIVITIES AS MUCH AS I MIGHT OTHERWISE

Q-13 How important are the following as constraints on your leisure and recreation? (Please circle one number for each.)

	Not Important	Somewhat Important	Important	Very Important
No opportunity to take part close to home	1	2	3	4
The recreational facilities or areas are overcrowded ...	1	2	3	4
The cost (rental or purchase) of equipment, material and supplies	1	2	3	4
My skills are not good enough	1	2	3	4
I don't know where I can participate	1	2	3	4
I don't have the physical abilities	1	2	3	4
Admission fees or other charges for facilities or programs	1	2	3	4
I am not at ease in social situations	1	2	3	4
Cost of transportation	1	2	3	4
Too busy with my work	1	2	3	4
The recreational facilities or areas are poorly kept or maintained	1	2	3	4
Lack of transportation	1	2	3	4
I don't know where I can learn	1	2	3	4
It is difficult to find others to participate with	1	2	3	4

Q-14 Do you try to overcome or work around some of the constraints which you checked when answering Question 13? (Circle number.)

1 NO (SKIP TO QUESTION 18)

2 YES

Q-15 What types of things do you do, whether very consciously or even as second nature, to try to overcome constraints on your leisure time and recreation? (Please circle *all* of the numbers that correspond with the things that you try to do.)

1 I TRY TO BE ORGANIZED

2 I TRY TO PLAN AHEAD FOR THINGS

3 I SET ASIDE TIME FOR RECREATION AND LEISURE

4 I PRIORIZE WHAT I WANT TO DO, AND MAKE FREE TIME A PRIORITY SOMETIMES

5 I JUST TRY TO WORK MY RECREATION AND LEISURE TIME IN AROUND MY OTHER COMMITMENTS

6 I GET UP EARLIER OR STAY UP LATER TO HAVE RECREATION OR LEISURE TIME

7 SOMETIMES, IF I NEED SOME FREE TIME, I JUST DROP WHAT I AM DOING AND TAKE IT

8 DURING THE TIME THAT I WORK, I WORK HARD SO THAT I CAN HAVE MORE FREE TIME

9 WHEN I'M NOT GETTING ENOUGH LEISURE TIME, I TRY TO HAVE A LITTLE MORE FUN WHILE WORKING

10 I/WE UTILIZE A BABYSITTER SOMETIMES TO MAKE FREE TIME

11 I ASK MY SPOUSE TO SHARE IN THE DAILY CHORES

12 I TAKE TURNS WITH MY SPOUSE TAKING CARE OF THE KIDS, SO THAT THE OTHER CAN HAVE SOME FREE TIME

13 I TRY TO TEACH MY KIDS TO BE MORE RESPONSIBLE AND HELP WITH THINGS

14 I EAT IN RESTAURANTS SOMETIMES JUST TO SAVE TIME

15 I TRY TO BUDGET MY MONEY

16 I SAVE UP MONEY TO DO CERTAIN THINGS

17 I HAVE BORROWED MONEY TO DO THINGS

18 I AM TRYING TO GET A BETTER JOB

8

19 I HAVE JUST LEARNED TO LIVE WITHIN MY MEANS

20 I TRY TO JUST STAY FLEXIBLE AND ADAPTABLE

21 I SOMETIMES SUBSTITUTE ANOTHER ACTIVITY FOR A PREFERRED ONE

22 I ARRANGE RIDES WITH FRIENDS

23 I DO MORE THINGS CLOSE TO HOME

24 WHEN DISTANCE COULD OTHERWISE BE A PROBLEM, I (WE) JUST MAKE TRAVEL TIME PART OF THE FUN

25 I ACTUALLY MOVED (OR AM PLANNING TO MOVE) TO A BETTER LOCATION

26 I TRY TO FIND PEOPLE TO DO THINGS WITH

27 I TRY TO LEARN NEW ACTIVITIES AND/OR IMPROVE MY SKILLS IN OTHERS

28 I HAVE LEARNED TO PARTICIPATE DESPITE A CHALLENGING INJURY, OR PHYSICAL/HEALTH CONDITION

29 OTHER (PLEASE SPECIFY) ______________________________

____

Q-16 Are there any other things that you do to try to overcome constraints on your leisure and recreation time? Your comments will be greatly appreciated.

____

____

____

____

____

____

Q-17 How successful are you in overcoming constraints on your leisure and recreation? (Please circle *one* number.)

1 NOT AT ALL SUCCESSFUL

2 SOMEWHAT SUCCESSFUL

3 MOSTLY SUCCESSFUL

4 TOTALLY SUCCESSFUL

FINALLY, WE WOULD LIKE A FEW FACTS ABOUT YOURSELF. THESE QUESTIONS WILL BE USED FOR CLASSIFICATION PURPOSES ONLY. LIKE THE REST OF THE QUESTIONNAIRE, YOUR ANSWERS WILL BE KEPT COMPLETELY CONFIDENTIAL.

Q-18 Are you female or male? (Circle number.)

1 FEMALE
2 MALE

Q-19 In what year were you born? 19 _____

Q-20 Which of the following best describes your household? (Please circle *one* number.)

1 SINGLE PERSON
2 TWO OR MORE UNRELATED SINGLE ADULTS
3 TWO OR MORE RELATED ADULTS
4 COUPLE WITH NO CHILDREN
5 SINGLE PARENT FAMILY
6 COUPLE WITH CHILDREN
7 OTHER (PLEASE SPECIFY) ____________________________

Q-21 What is the highest level of education that you have attained? (Please circle *one* number.)

1 ELEMENTARY SCHOOL
2 JUNIOR HIGH SCHOOL
3 SENIOR HIGH SCHOOL
4 TECHNICAL PROGRAM
5 COLLEGE
6 UNIVERSITY
7 OTHER (PLEASE SPECIFY) ____________________________

Q-22 What is your current employment status? (If two or more categories apply to you, circle *all* appropriate numbers.)

1 UNEMPLOYED

2 CASUAL STATUS

3 PART-TIME

4 FULL-TIME

5 HOMEMAKER

6 SELF-EMPLOYED

7 OWNER-OPERATOR

8 RETIRED

Q-23 What is your occupation?

Q-24 How much do you enjoy your job? (Please circle *one* number.)

1 NOT AT ALL

2 SOME OF THE TIME

3 MOST OF THE TIME

4 ALL OF THE TIME

Q-25 In which of the following categories does the total annual income of your household fall? (Please circle *one* number.)

1 LESS THAN $10,000

2 $10,001 TO $30,000

3 $30,001 TO $50,000

4 $50,001 TO $70,000

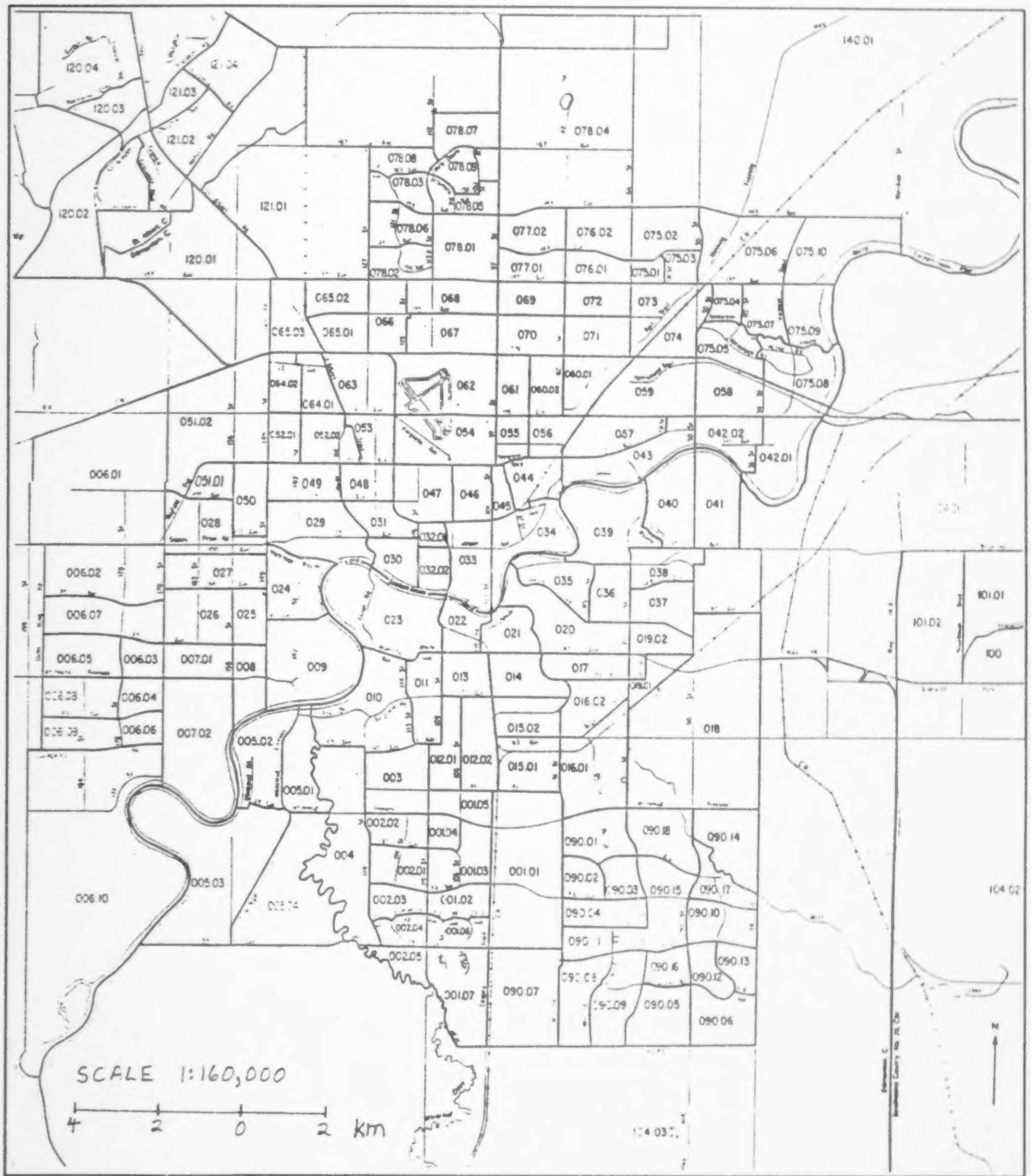
5 $70,001 TO $90,000

6 OVER $90,000

Is there anything else you would like to tell us about the topics dealt with in this questionnaire? If so, please use this space for that purpose.

Thank you for your help in completing this questionnaire. Your contribution to this project is very greatly appreciated.

Appendix C: The Locations of the Three Edmonton Enumeration Districts in Which Questionnaires Were Distributed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032.01
034
039
006.02
027
024
030
032.02
033
035
036
038
037
101.01
006.07
026
025
023
022
021
020
019.02
101.02
100
006.05
006.03
007.01
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011
013
014
017
006.08
006.04
010
016.02
018
006.09
006.06
007.02
005.02
015.02
012.01
012.02
015.01
016.01
003
005.01
001.05
002.02
001.04
090.01
090.18
090.14
004
002.01
001.03
001.01
090.02
090.03
090.15
090.17
104.02
005.03
006.10
002.03
001.02
090.04
090.10
002.04
001.06
090.11
002.05
090.16
090.13
090.12
090.08
001.07
090.07
090.09
090.05
090.06
104.03

Source: Statistics Canada, 1991

034 - Low Income District (average income of $10,995.)
090.18 - Middle Income District (average income of $27,426.)
004 - High Income District (average income of $49,439.)

Appendix D: The Questionnaire Cover Letter

Dear Madam/Sir:

This questionnaire is being delivered to a select number of households in Edmonton. Please have one person in your household complete the questionnaire to the best of their ability and then place it back in your mailbox for pick-up in a few days. If you don't spend too long on any one question, it should only take about ten minutes to complete.

The results will help us better understand people's recreation needs and desires. Participation is a volunteer service and your responses will be kept anonymous. Please do not write your name or address on the questionnaire. If you would like a summary of the final results of the survey, attach a separate piece of paper with your name and address on it.

Please feel free to call 433-7487, if you have any questions.

Thank you very much for your help.

Sincerely,

Don Hurlbut
Graduate Research

Appendix E: The First Questionnaire Follow-Up Letter

Dear Madam/Sir:

Hi. A few days ago, we dropped-off a questionnaire in your mailbox. We asked if you could complete the questionnaire to the best of your ability and then place it back in your mailbox for pick-up within a few days.

We realize that this can be a busy time of year, and that you may have needed a little more time to look it over and complete it. Your completion of the survey is a volunteer service and will help make the survey a success. Your responses are kept anonymous. If someone in your household could take the ten minutes or so to fill out the questionnaire and place it back in your mailbox for pick-up (in four days), it would be greatly appreciated.

Another copy of the questionnaire has been attached, in case the first one delivered has been misplaced. Again, feel free to call 433-7487, if you have any questions whatsoever.

Thank you very much for your help.

Sincerely,

Don Hurlbut
Graduate Research

Appendix F: The Second Questionnaire Follow-Up Letter

Dear Madam/Sir:

Hi. We delivered a questionnaire to your home and asked if you could complete it to the best of your ability and then place it back in your mailbox for pick-up within a few days. We realize that this can be a busy time of year, and that you may have just needed a little more time to look it over and complete it.

Someone will be by one last time in a few days to pick-up the survey from your mailbox. Your completion of the questionnaire will ensure that your thoughts and feelings are accurately represented. Once again, your particular responses are kept anonymous.

It only takes about ten minutes to complete. So if you could please fill it out and place it back in your mailbox for pick-up, it would be greatly appreciated. Feel free to call 433-7487, if you have any questions whatsoever.

Thank you very much for your participation.

Sincerely,

Don Hurlbut
Graduate Research